



Mom's Cranberry Apple Pie

READY IN



65 min.

SERVINGS



8

CALORIES



340 kcal

DESSERT

Ingredients

- 4 cups apples peeled sliced
- 2 tablespoons butter cut into small pieces
- 1 tablespoon cornstarch
- 2 cups cranberries
- 1 teaspoon ground cinnamon
- 2 pie crusts prepared
- 0.8 cup sugar white

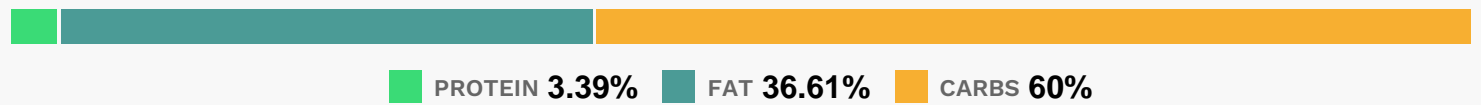
Equipment

- bowl
- oven
- whisk
- pie form

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Fit a pie crust into a 9-inch pie dish and arrange sliced apples into crust.
- Spread cranberries over apples.
- Whisk sugar, cornstarch, and cinnamon in a small bowl and sprinkle mixture over cranberries. Distribute butter pieces over pie filling.
- Place remaining crust over filling, crimp both crusts together, and cut several slits into top crust to vent steam.
- Bake until pie is browned and fruit filling is bubbling, 45 minutes to 1 hour.

Nutrition Facts



Properties

Glycemic Index:25.26, Glycemic Load:16.32, Inflammation Score:-3, Nutrition Score:5.0286956445678%

Flavonoids

Cyanidin: 12.59mg, Cyanidin: 12.59mg, Cyanidin: 12.59mg, Cyanidin: 12.59mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.3mg, Peonidin: 12.3mg, Peonidin: 12.3mg, Peonidin: 12.3mg Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 5.8mg, Epicatechin: 5.8mg, Epicatechin: 5.8mg, Epicatechin: 5.8mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg

Nutrients (% of daily need)

Calories: 339.93kcal (17%), Fat: 14.12g (21.72%), Saturated Fat: 5.29g (33.04%), Carbohydrates: 52.08g (17.36%), Net Carbohydrates: 48.48g (17.63%), Sugar: 26.29g (29.21%), Cholesterol: 7.53mg (2.51%), Sodium: 197.76mg (8.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.88%), Manganese: 0.34mg (17.23%), Fiber: 3.6g (14.42%), Vitamin B1: 0.13mg (8.72%), Folate: 32µg (8%), Vitamin C: 6.38mg (7.74%), Iron: 1.27mg (7.07%), Vitamin B3: 1.23mg (6.17%), Vitamin B2: 0.1mg (5.79%), Vitamin K: 6.05µg (5.76%), Vitamin E: 0.73mg (4.83%), Phosphorus: 41.35mg (4.14%), Selenium: 2.63µg (3.76%), Potassium: 130.42mg (3.73%), Copper: 0.07mg (3.27%), Vitamin B6: 0.06mg (3.08%), Vitamin B5: 0.29mg (2.89%), Magnesium: 11.25mg (2.81%), Vitamin A: 137.38IU (2.75%), Calcium: 17.38mg (1.74%), Zinc: 0.25mg (1.66%)