



Old Time Mincemeat Pie

 Gluten Free

READY IN



85 min.

SERVINGS



8

CALORIES



948 kcal

Ingredients

- 1 cup apple cider
- 0.5 cup butter
- 0.5 pound candied fruit peel mixed chopped
- 16 ounce cherries sour with liquid reserved pitted drained canned
- 16 ounce cherry preserves sour
- 2.5 cups currants dried
- 4 granny smith apples diced cored peeled finely
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves

- 1 teaspoon ground ginger
- 0.5 teaspoon ground nutmeg
- 2 tablespoons heavy cream
- 2.5 cups raisins
- 1.3 pounds round steak cut into small pieces
- 0.5 teaspoon salt
- 1.3 cups sugar white

Equipment

- oven
- pot
- dutch oven

Directions

- In a Dutch oven, combine beef and apple cider. Bring to a boil, then reduce heat to a simmer. Cover and cook for about 20 minutes, or until meat is tender.
- Remove meat and coarsely chop, then return it to the pot.
- Stir in chopped apples, sugar, currants, raisins, citrus peel, butter and cherry preserves.
- Add ginger, cloves, nutmeg, cinnamon and salt.
- Let simmer, uncovered, over low heat until mixture is very thick, about 90 minutes. Stir in cherries and remove from heat.
- Refrigerate tightly covered for at least a week before using.
- Preheat oven to 350 degrees F (175 degrees C). Put filling in unbaked pie shell and place pastry on top. Crimp edges and poke several holes in top pastry.
- Brush top with cream and sprinkle with sugar.
- Bake in preheated oven for 40 minutes, or until golden brown.

Nutrition Facts

 **PROTEIN 8.15%**  **FAT 15.54%**  **CARBS 76.31%**

Properties

Glycemic Index:53.58, Glycemic Load:78.1, Inflammation Score:-6, Nutrition Score:20.304782686026%

Flavonoids

Cyanidin: 18.56mg, Cyanidin: 18.56mg, Cyanidin: 18.56mg, Cyanidin: 18.56mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.87mg, Peonidin: 0.87mg, Peonidin: 0.87mg, Peonidin: 0.87mg Catechin: 4.02mg, Catechin: 4.02mg, Catechin: 4.02mg, Catechin: 4.02mg Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg Epicatechin: 11.08mg, Epicatechin: 11.08mg, Epicatechin: 11.08mg, Epicatechin: 11.08mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg

Nutrients (% of daily need)

Calories: 948.37kcal (47.42%), Fat: 17.12g (26.34%), Saturated Fat: 9.54g (59.61%), Carbohydrates: 189.21g (63.07%), Net Carbohydrates: 178.7g (64.98%), Sugar: 122.11g (135.67%), Cholesterol: 79.39mg (26.46%), Sodium: 347.47mg (15.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.19g (40.39%), Fiber: 10.51g (42.03%), Vitamin B6: 0.78mg (38.82%), Potassium: 1282.86mg (36.65%), Selenium: 22.63µg (32.33%), Manganese: 0.64mg (32.18%), Vitamin B3: 6.37mg (31.87%), Phosphorus: 277.11mg (27.71%), Iron: 4.91mg (27.27%), Copper: 0.47mg (23.38%), Zinc: 3.45mg (22.98%), Vitamin B12: 1.37µg (22.83%), Vitamin C: 18.69mg (22.65%), Vitamin B2: 0.37mg (21.85%), Magnesium: 63.75mg (15.94%), Vitamin B1: 0.24mg (15.89%), Calcium: 139.56mg (13.96%), Vitamin A: 550.56IU (11.01%), Vitamin B5: 0.74mg (7.41%), Folate: 27.05µg (6.76%), Vitamin K: 6.86µg (6.53%), Vitamin E: 0.91mg (6.09%)