

Partridge in a Pear Tree Pie

 Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



281 kcal

SIDE DISH

Ingredients

- 8 ounces pineapple crushed canned
- 12 ounces cranberries fresh
- 3 tablespoons flour all-purpose
- 0.3 teaspoon ground cinnamon
- 15 ounces pears drained canned
- 9 inches pie crust dough
- 0.3 teaspoon salt
- 1.5 cups sugar

8 servings sugar

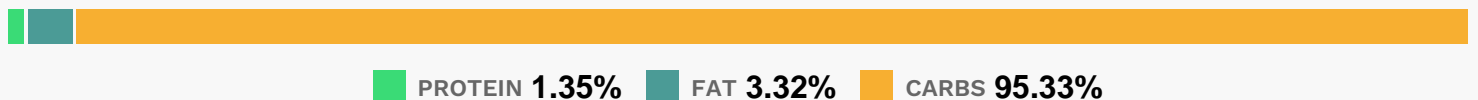
Equipment

- bowl
- baking sheet
- sauce pan
- oven
- wire rack
- aluminum foil
- cookie cutter

Directions

- Set aside five pear halves; chop any remaining pears. In a large saucepan, combine the chopped pears, cranberries, pineapple and sugar. Bring to a boil; cook and stir for 4–5 minutes or until some cranberries have popped. Cool for 30 minutes, stirring several times. In a bowl, combine the flour, salt and cinnamon. Stir in cooled cranberry mixture.
- Line a 9-in. pie plate with bottom pastry; trim and flute edges. Spoon cranberry mixture into pastry shell; arrange pear halves on top.
- Bake at 400° for 35–40 minutes or until bubbly and crust is golden brown (cover edges with foil for last 15 minutes of baking if necessary). Cool on wire rack.
- Roll remaining pastry. Using cookie cutters, cut out small leaves, small pears and a partridge.
- Place on an ungreased baking sheet; sprinkle with sugar if desired.
- Bake at 400° for 6–8 minutes or until golden brown.
- Place partridge in center of pie with leaves and pears around it.

Nutrition Facts



Properties

Glycemic Index:37.74, Glycemic Load:40.08, Inflammation Score:-2, Nutrition Score:3.890000016793%

Flavonoids

Cyanidin: 20.84mg, Cyanidin: 20.84mg, Cyanidin: 20.84mg, Cyanidin: 20.84mg Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 20.9mg, Peonidin: 20.9mg, Peonidin: 20.9mg, Peonidin: 20.9mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 3.86mg, Epicatechin: 3.86mg, Epicatechin: 3.86mg, Epicatechin: 3.86mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg

Nutrients (% of daily need)

Calories: 280.9kcal (14.04%), Fat: 1.09g (1.68%), Saturated Fat: 0.26g (1.59%), Carbohydrates: 70.48g (23.49%), Net Carbohydrates: 66.75g (24.27%), Sugar: 60.45g (67.17%), Cholesterol: 0mg (0%), Sodium: 86.58mg (3.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (2%), Fiber: 3.73g (14.91%), Vitamin C: 10.91mg (13.22%), Manganese: 0.22mg (11.17%), Copper: 0.11mg (5.38%), Vitamin B1: 0.07mg (4.69%), Vitamin K: 4.9µg (4.67%), Vitamin E: 0.65mg (4.31%), Potassium: 137.89mg (3.94%), Vitamin B2: 0.06mg (3.32%), Folate: 12.71µg (3.18%), Vitamin B6: 0.06mg (3.18%), Magnesium: 11.61mg (2.9%), Iron: 0.51mg (2.82%), Selenium: 1.62µg (2.32%), Vitamin B3: 0.45mg (2.27%), Phosphorus: 18.18mg (1.82%), Vitamin B5: 0.18mg (1.76%), Calcium: 14.85mg (1.49%), Zinc: 0.16mg (1.06%), Vitamin A: 53.19IU (1.06%)