



Pear-Cranberry Mincemeat Lattice Pie



Vegetarian



Vegan



Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



292 kcal

DESSERT

Ingredients

- ☐ 2 firm-ripe anjou pears cored peeled finely chopped
- ☐ 0.3 cup brandy
- ☐ 0.5 cup cherries dried sour
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.5 cup cranberries dried
- ☐ 0.5 cup currants dried
- ☐ 0.5 teaspoon ground allspice
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 2 teaspoons lemon zest fresh finely grated
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 2 teaspoons orange zest fresh finely grated
- ☐ 8 servings pastry dough for a double-crust pie
- ☐ 0.1 teaspoon salt
- ☐ 2.8 oz walnuts toasted finely chopped

Equipment

- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ aluminum foil
- ☐ rolling pin

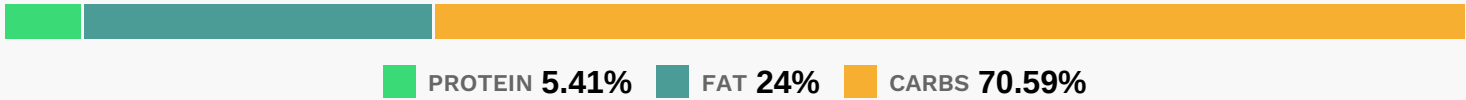
Directions

- ☐ Stir together all ingredients except pastry dough and chill in an airtight container, stirring at least once a day for at least 3 days.
- ☐ Put oven rack in middle position. Put a large baking sheet on rack and preheat oven to 425°F.
- ☐ Roll out larger piece of dough (keep remaining piece chilled) on a lightly floured surface with a lightly floured rolling pin into a 13-inch round, then fit into a 9-inch pie plate. Trim edge, leaving a 1/2-inch overhang. Chill shell while rolling out smaller piece of dough for top crust.
- ☐ Roll out smaller piece of dough on a lightly floured surface with lightly floured rolling pin into a roughly 16- by 11-inch rectangle.
- ☐ Cut crosswise into 12 (1-inch-wide) strips with a pastry wheel or a sharp knife. Stir mincemeat, then spoon into shell in an even layer. Weave a lattice pattern over pie with pastry strips.
- ☐ Trim edges of strips flush with edge of bottom crust. Fold bottom crust up over edges of lattice and decoratively crimp.
- ☐ Bake pie on hot baking sheet 20 minutes. Reduce oven temperature to 375°F and cover edge of pie with a pie shield or foil if it begins to brown too quickly. Continue to bake until crust is

golden brown and filling begins to bubble around edge, about 1 hour more.

- ☐ Transfer pie to a rack and cool to warm or room temperature, about 2 hours.
- ☐ Serve pie warm or at room temperature.
- ☐ •Mincemeat can be chilled up to 2 weeks. •Pie keeps, covered and chilled, 2 days. Bring to room temperature or reheat in a preheated 350°F oven 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:28.09, Glycemic Load:7.43, Inflammation Score:-4, Nutrition Score:6.7313043293746%

Flavonoids

Cyanidin: 1.23mg, Cyanidin: 1.23mg, Cyanidin: 1.23mg, Cyanidin: 1.23mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 291.52kcal (14.58%), Fat: 7.71g (11.85%), Saturated Fat: 0.92g (5.77%), Carbohydrates: 51g (17%), Net Carbohydrates: 46.87g (17.04%), Sugar: 33.13g (36.81%), Cholesterol: 0mg (0%), Sodium: 138.33mg (6.01%), Alcohol: 2.51g (100%), Alcohol %: 2.56% (100%), Protein: 3.91g (7.82%), Manganese: 0.54mg (27.24%), Fiber: 4.13g (16.51%), Copper: 0.25mg (12.68%), Vitamin B1: 0.16mg (10.62%), Iron: 1.43mg (7.93%), Folate: 31.49µg (7.87%), Selenium: 5.24µg (7.49%), Magnesium: 26.91mg (6.73%), Phosphorus: 64.49mg (6.45%), Vitamin C: 5.31mg (6.44%), Vitamin B2: 0.11mg (6.34%), Potassium: 208.53mg (5.96%), Vitamin B3: 1.17mg (5.87%), Vitamin A: 292.27IU (5.85%), Vitamin B6: 0.11mg (5.51%), Calcium: 46.39mg (4.64%), Vitamin K: 3.61µg (3.44%), Zinc: 0.5mg (3.31%), Vitamin E: 0.32mg (2.11%), Vitamin B5: 0.18mg (1.83%)