



Pear Mincemeat Pie

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



908 kcal

DESSERT

Ingredients

- 0.3 cup apple cider vinegar
- 1 large eggs lightly beaten
- 1.5 teaspoons ground allspice
- 1.5 teaspoons ground cinnamon
- 1.5 teaspoons ground cloves
- 1.5 teaspoons nutmeg
- 3 pounds pears diced peeled
- 0.5 cup pecans toasted chopped

- 1 pound raisins
- 15 ounce pie crust dough refrigerated
- 0.5 teaspoon salt
- 3.5 cups sugar

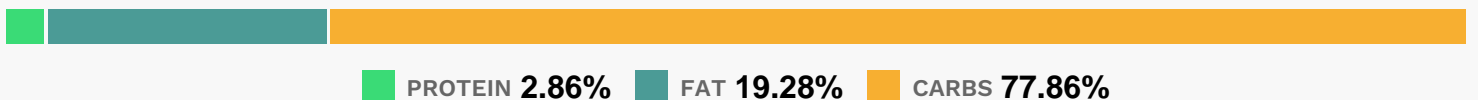
Equipment

- sauce pan
- oven
- aluminum foil
- cookie cutter

Directions

- Bring first 9 ingredients to a boil in a large heavy saucepan, stirring often; reduce heat to medium-high, and cook, stirring often, 25 to 30 minutes or until thickened. Cool.
- Fit 1 piecrust into a 9-inch deep-dish pieplate according to package directions.
- Stir pecans into pear mixture; spoon into piecrust.
- Roll remaining piecrust to press out fold lines.
- Cut out and remove leaf shapes from center of piecrust using a leaf-shaped cookie cutter, leaving a 3-inch border around edges.
- Brush piecrust and leaves with beaten egg. Carefully place piecrust over filling; fold edges under. Make diagonal cuts into edge at 1/4-inch intervals; fold every other piece inward. Arrange leaves on pie.
- Bake on lowest oven rack at 350 for 1 hour or until golden brown, shielding with aluminum foil to prevent excessive browning, if necessary.

Nutrition Facts



Properties

Glycemic Index:38.21, Glycemic Load:92.72, Inflammation Score:-4, Nutrition Score:14.084347818209%

Flavonoids

Cyanidin: 4.24mg, Cyanidin: 4.24mg, Cyanidin: 4.24mg, Cyanidin: 4.24mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 6.45mg, Epicatechin: 6.45mg, Epicatechin: 6.45mg, Epicatechin: 6.45mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 907.59kcal (45.38%), Fat: 20.4g (31.39%), Saturated Fat: 5.21g (32.59%), Carbohydrates: 185.43g (61.81%), Net Carbohydrates: 173.83g (63.21%), Sugar: 104.37g (115.96%), Cholesterol: 23.25mg (7.75%), Sodium: 392mg (17.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.81g (13.62%), Manganese: 1.12mg (55.89%), Fiber: 11.6g (46.39%), Copper: 0.45mg (22.62%), Potassium: 772.92mg (22.08%), Iron: 3.62mg (20.09%), Vitamin B1: 0.28mg (18.66%), Vitamin B2: 0.29mg (17.25%), Folate: 55.79µg (13.95%), Phosphorus: 135.1mg (13.51%), Vitamin C: 10.62mg (12.88%), Vitamin B3: 2.45mg (12.26%), Magnesium: 48.77mg (12.19%), Vitamin K: 12.27µg (11.69%), Vitamin B6: 0.21mg (10.54%), Selenium: 6.31µg (9.01%), Zinc: 0.94mg (6.27%), Calcium: 60.51mg (6.05%), Vitamin B5: 0.48mg (4.82%), Vitamin E: 0.65mg (4.34%), Vitamin A: 84.73IU (1.69%)