



Raisin Pie II



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



181 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon flour all-purpose
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon lemon zest
- ☐ 1.5 cups raisins
- ☐ 0.5 cup walnuts finely chopped
- ☐ 1.5 cups water boiling
- ☐ 0.5 cup sugar white

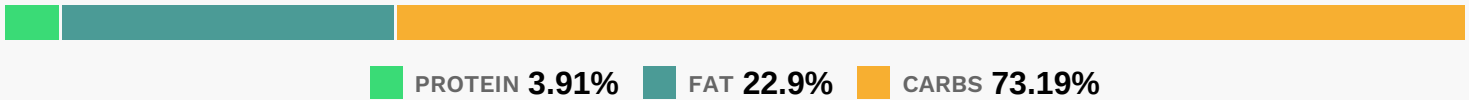
Equipment

- ☐ oven
- ☐ pie form

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Wash raisins carefully. Cook in boiling water until tender.
- ☐ Mix flour and sugar, and add to cooked raisins. Stir until mixtures thickens.
- ☐ Remove from heat, and add lemon juice, lemon rind, and nuts. Cool slightly.
- ☐ Roll out dough, and fit to a 9 inch pie pan. Spoon filling into the shell. Cover with top crust, crimp the edges, and cut a couple slashes in the top.
- ☐ Bake for 40 to 45 minutes, or until crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:27.99, Glycemic Load:20.8, Inflammation Score:-1, Nutrition Score:3.7943478139198%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 180.6kcal (9.03%), Fat: 4.97g (7.65%), Saturated Fat: 0.5g (3.12%), Carbohydrates: 35.75g (11.92%), Net Carbohydrates: 33.3g (12.11%), Sugar: 12.75g (14.16%), Cholesterol: 0mg (0%), Sodium: 10.18mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.82%), Manganese: 0.33mg (16.47%), Copper: 0.21mg (10.43%), Fiber: 2.45g (9.8%), Potassium: 260.93mg (7.46%), Iron: 0.97mg (5.41%), Magnesium: 20.58mg (5.15%), Phosphorus: 46.94mg (4.69%), Vitamin B6: 0.09mg (4.65%), Vitamin B1: 0.06mg (4.24%), Vitamin B2: 0.07mg (4.02%), Vitamin C: 3.26mg (3.95%), Folate: 10.17µg (2.54%), Vitamin B3: 0.44mg (2.22%), Zinc: 0.29mg (1.93%), Calcium: 17.49mg (1.75%), Selenium: 0.92µg (1.32%)