



Raspberry-Apple Crumb Pie

 Dairy Free

READY IN



100 min.

SERVINGS



8

CALORIES



394 kcal

DESSERT

Ingredients

- 1 pie crust dough refrigerated
- 3 cups apples peeled thinly sliced (3 medium)
- 0.5 cup sugar
- 2 tablespoons flour all-purpose
- 0.5 teaspoon ground cinnamon
- 2 cups raspberries frozen thawed (from 1-lb bag)
- 0.5 cup almond paste pure crumbled cubed (from 7-)
- 0.5 cup flour all-purpose

- 0.3 cup sugar
- 0.3 cup butter
- 0.5 cup almonds sliced

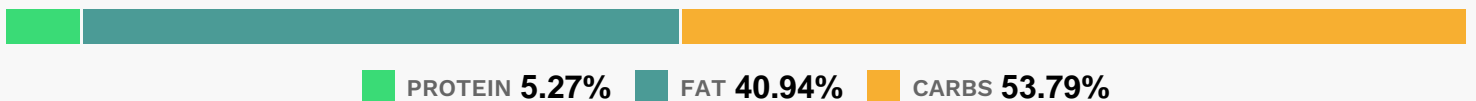
Equipment

- bowl
- oven
- blender
- aluminum foil

Directions

- Heat oven to 350°F.
- Place pie crust in 9-inch glass pie plate as directed on package for one-crust filled pie. In large bowl, stir together apples, 1/2 cup sugar and 2 tablespoons flour and the cinnamon. Spoon into crust-lined pie plate.
- Sprinkle with raspberries.
- Sprinkle almond paste over raspberries.
- In medium bowl, mix 1/2 cup flour and 1/4 cup sugar.
- Cut in butter, using pastry blender or crisscrossing 2 knives, until particles are size of small peas. Stir in almonds.
- Sprinkle evenly over almond paste.
- Bake 1 hour to 1 hour 20 minutes, covering edge of crust with foil after about 30 minutes, until apples are tender in center and surface is golden brown.
- Serve warm or cooled.

Nutrition Facts



Properties

Glycemic Index:45.4, Glycemic Load:20.62, Inflammation Score:-5, Nutrition Score:9.7747825795542%

Flavonoids

Cyanidin: 14.61mg, Cyanidin: 14.61mg, Cyanidin: 14.61mg, Cyanidin: 14.61mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 4.62mg, Epicatechin: 4.62mg, Epicatechin: 4.62mg, Epicatechin: 4.62mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 394.12kcal (19.71%), Fat: 18.48g (28.43%), Saturated Fat: 3.54g (22.15%), Carbohydrates: 54.63g (18.21%), Net Carbohydrates: 49.29g (17.92%), Sugar: 30.33g (33.7%), Cholesterol: 0mg (0%), Sodium: 156.3mg (6.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.36g (10.71%), Manganese: 0.65mg (32.64%), Vitamin E: 4.06mg (27.06%), Fiber: 5.33g (21.34%), Vitamin B2: 0.24mg (14.01%), Folate: 53.27µg (13.32%), Vitamin C: 10.05mg (12.18%), Magnesium: 48.52mg (12.13%), Vitamin B1: 0.18mg (11.75%), Phosphorus: 105.59mg (10.56%), Copper: 0.19mg (9.75%), Iron: 1.73mg (9.59%), Vitamin B3: 1.78mg (8.9%), Selenium: 5.5µg (7.86%), Potassium: 217.02mg (6.2%), Calcium: 59.24mg (5.92%), Vitamin A: 289.59IU (5.79%), Vitamin K: 4.99µg (4.75%), Zinc: 0.7mg (4.68%), Vitamin B6: 0.06mg (3.22%), Vitamin B5: 0.31mg (3.05%)