



Red Anjou Pie

READY IN



60 min.

SERVINGS



8

CALORIES



461 kcal

DESSERT

Ingredients

- ☐ 4 large anjou usa pears red firm cored ripe coarsely chopped
- ☐ 0.5 cup apricots dried diced
- ☐ 2 tablespoons butter cut into small pieces
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 juice of lemon juiced
- ☐ 0.5 cup pecans finely chopped
- ☐ 1 package ready-made pie crusts refrigerated softened

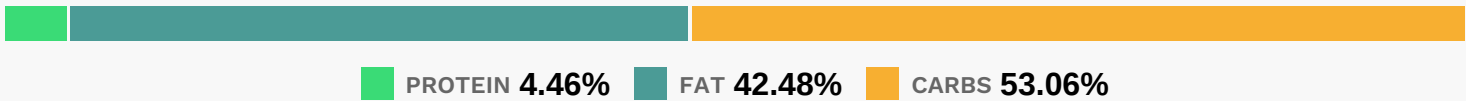
Equipment

☐ oven

Directions

- ☐ Preheat oven to 425 degrees. Press pie dough into greased metal pie plate (or ungreased glass pie plate), pressing firmly to bottom and sides. Gently toss diced pears with lemon juice.
- ☐ Mix together sugar, flour, cinnamon, apricots, and pecans. Gently mix together pears and dry ingredients.
- ☐ Pour into prepared bottom pie crust. Dot top of pear mixture with butter pieces.
- ☐ Top either with a full crust, or cut top crust into lattice. Crimp crust edges. If using a top crust, cut several slits to vent the pie.
- ☐ Bake for 45–50 minutes, or until golden brown.
- ☐ Remove from oven and cool on rack.

Nutrition Facts



Properties

Glycemic Index:35.03, Glycemic Load:15.34, Inflammation Score:-5, Nutrition Score:9.5699999892841%

Flavonoids

Cyanidin: 3.1mg, Cyanidin: 3.1mg, Cyanidin: 3.1mg, Cyanidin: 3.1mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epigallocatechin: 1.06mg, Epigallocatechin: 1.06mg, Epigallocatechin: 1.06mg, Epigallocatechin: 1.06mg Epicatechin: 4.38mg, Epicatechin: 4.38mg, Epicatechin: 4.38mg, Epicatechin: 4.38mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg 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 Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 460.72kcal (23.04%), Fat: 22.37g (34.41%), Saturated Fat: 6.74g (42.15%), Carbohydrates: 62.86g (20.95%), Net Carbohydrates: 56.4g (20.51%), Sugar: 24.21g (26.9%), Cholesterol: 7.53mg (2.51%), Sodium: 249.65mg (10.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.57%), Manganese: 0.7mg (35.19%), Fiber: 6.47g (25.86%), Vitamin B1: 0.25mg (16.85%), Folate: 58.89µg (14.72%), Iron: 2.29mg (12.75%), Copper: 0.25mg (12.72%), Vitamin B3: 2.27mg (11.37%), Vitamin B2: 0.17mg (9.83%), Vitamin K: 9.9µg (9.43%), Potassium: 318.52mg (9.1%), Phosphorus: 84.81mg (8.48%), Vitamin A: 414.26IU (8.29%), Selenium: 5.55µg (7.93%), Magnesium: 28.62mg (7.16%), Vitamin C: 5.84mg (7.07%), Vitamin E: 0.93mg (6.21%), Zinc: 0.75mg (4.99%), Vitamin B6: 0.09mg (4.52%), Vitamin B5: 0.41mg (4.1%), Calcium: 34.36mg (3.44%)