

Red Fruity Pie

 Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



214 kcal

DESSERT

Ingredients

- 0.3 cup brown sugar
- 1 tablespoon butter melted
- 1 cup cherries frozen
- 19-inch graham cracker crust ()
- 1 teaspoon ground cinnamon
- 1 cup cooking oats quick
- 1 cup raspberries frozen
- 2 tablespoons sugar white

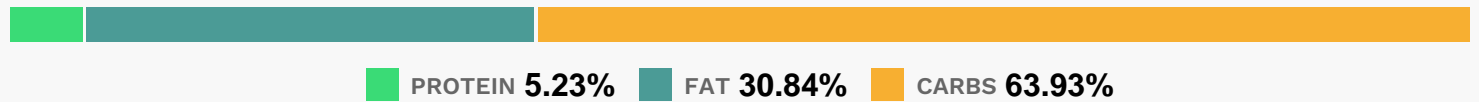
Equipment

- bowl
- sauce pan
- oven
- slotted spoon

Directions

- Preheat the oven to 375 degrees F (190 degrees C).
- In a saucepan, combine the raspberries, cherries and sugar. Cook over medium heat until soft.
- Remove from the heat and set aside. In a separate bowl, mix together the oats, brown sugar, cinnamon and melted butter.
- Use a slotted spoon to spoon the fruit into the pie crust. Try not to add too much juice.
- Sprinkle the oat mixture over the top.
- Bake for 10 minutes in the preheated oven, or until oats are toasted and crisp.

Nutrition Facts



Properties

Glycemic Index:23.51, Glycemic Load:6.71, Inflammation Score:-3, Nutrition Score:6.3239130415832%

Flavonoids

Cyanidin: 12.08mg, Cyanidin: 12.08mg, Cyanidin: 12.08mg, Cyanidin: 12.08mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg 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 Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 213.61kcal (10.68%), Fat: 7.52g (11.57%), Saturated Fat: 1.48g (9.23%), Carbohydrates: 35.07g (11.69%), Net Carbohydrates: 32.24g (11.72%), Sugar: 16.53g (18.37%), Cholesterol: 0mg (0%), Sodium: 119.02mg (5.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.74%), Manganese: 0.87mg (43.5%), Fiber: 2.83g (11.31%), Magnesium: 38.27mg (9.57%), Phosphorus: 80.09mg (8.01%), Iron: 1.26mg (7%), Vitamin B1: 0.1mg (6.9%), Vitamin K: 6.57µg (6.25%), Vitamin C: 5.15mg (6.24%), Selenium: 4.14µg (5.91%), Copper: 0.11mg (5.65%), Folate: 21µg (5.25%), Zinc: 0.67mg (4.48%), Vitamin B3: 0.89mg (4.47%), Vitamin E: 0.67mg (4.44%), Vitamin B2: 0.07mg (4.13%), Potassium: 132.26mg (3.78%), Calcium: 25.68mg (2.57%), Vitamin B6: 0.05mg (2.32%), Vitamin B5: 0.2mg (2.05%), Vitamin A: 79.54IU (1.59%)