



WHATSheATE

Tart Cranberry Pie



Vegetarian



Gluten Free

READY IN



120 min.

SERVINGS



1

CALORIES



1963 kcal

DESSERT

Ingredients

- ☐ 3 medium bosc pear cored ripe peeled cut into small dice
- ☐ 1 tablespoon plus light
- ☐ 24 ounce cranberries frozen
- ☐ 1 large egg yolk
- ☐ 1.5 cups granulated sugar
- ☐ 0.1 teaspoon ground cloves
- ☐ 1 tablespoon orange zest fresh
- ☐ 1 serving sugar for sprinkling

- ☐ 1 vanilla pod split
- ☐ 1 tablespoon milk whole

Equipment

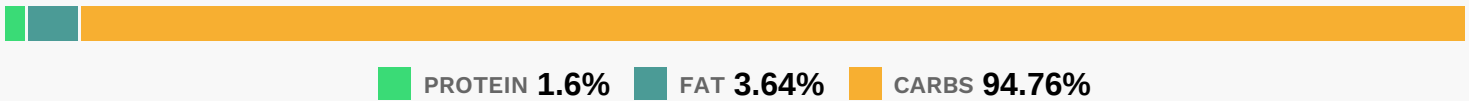
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ pastry cutter

Directions

- ☐ Heat the oven to 425°F, arrange a rack in the middle, and place a baking sheet (large enough to hold the pie) or baking stone on the rack.
- ☐ Combine cranberries, pears, and sugar in a large saucepan over medium heat. Cook, stirring occasionally, until pears are just tender and sugar is dissolved, about 20 to 25 minutes.
- ☐ Drain fruit through a fine mesh strainer, reserving juices in a heatproof bowl.
- ☐ Transfer fruit to a medium bowl and add vanilla bean and seeds, cloves, corn syrup, orange zest, and enough reserved juices to just moisten the fruit, about 1/3 cup. (The juices should not be pooling in the bottom of the bowl.) Stir to combine; set aside to cool, at least 10 minutes.
- ☐ Place egg yolk and milk in a small bowl and whisk until evenly combined; set aside. Once the dough has rested and the filling is cool, roll one pie dough disk on a floured surface to 1/8 inch thickness. Line a 9-1/2-inch deep-dish pie plate with the dough and trim the excess, leaving a 1/2-inch overhang.
- ☐ Roll out the second disk of dough on a floured surface to 1/4 inch thickness and, using a pastry cutter or knife, cut a 1-inch round opening in the center.
- ☐ Pour the cranberry filling into the pie plate, and place the second dough round over top to enclose. Pinch the border to seal the two crusts and to create a decorative, fluted edge.

- ☐
- Brush egg mixture over top of pie and sprinkle with sanding sugar.
- ☐
- Place pie on the baking stone or sheet in the center of the oven and bake, undisturbed, for 10 minutes. Reduce heat to 375°F. Cook for an additional 45 to 50 minutes, or until crust is golden brown and filling is bubbling and thick.
- ☐
- Remove from the oven and allow to cool before slicing.Beverage pairing: Dashe Dry Creek Late Harvest Zinfandel, California. This late-harvest Zinfandel has all the spice and dark fruit to hold up to the cranberry, and it is on the drier side of dessert wines, making it a perfect noncloying match to this tart dessert.

Nutrition Facts



Properties

Glycemic Index:278.93, Glycemic Load:270.75, Inflammation Score:-10, Nutrition Score:33.242608837459%

Flavonoids

Cyanidin: 326.9mg, Cyanidin: 326.9mg, Cyanidin: 326.9mg, Cyanidin: 326.9mg Delphinidin: 52.19mg, Delphinidin: 52.19mg, Delphinidin: 52.19mg, Delphinidin: 52.19mg Malvidin: 2.99mg, Malvidin: 2.99mg, Malvidin: 2.99mg, Malvidin: 2.99mg Pelargonidin: 2.18mg, Pelargonidin: 2.18mg, Pelargonidin: 2.18mg, Pelargonidin: 2.18mg Peonidin: 334.48mg, Peonidin: 334.48mg, Peonidin: 334.48mg, Peonidin: 334.48mg Catechin: 4.1mg, Catechin: 4.1mg, Catechin: 4.1mg, Catechin: 4.1mg Epigallocatechin: 8.19mg, Epigallocatechin: 8.19mg, Epigallocatechin: 8.19mg, Epigallocatechin: 8.19mg Epicatechin: 49.81mg, Epicatechin: 49.81mg, Epicatechin: 49.81mg, Epicatechin: 49.81mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 7.51mg, Epigallocatechin 3-gallate: 7.51mg, Epigallocatechin 3-gallate: 7.51mg, Epigallocatechin 3-gallate: 7.51mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 45.11mg, Myricetin: 45.11mg, Myricetin: 45.11mg, Myricetin: 45.11mg Quercetin: 105.46mg, Quercetin: 105.46mg, Quercetin: 105.46mg, Quercetin: 105.46mg

Nutrients (% of daily need)

Calories: 1962.81kcal (98.14%), Fat: 8.45g (13.01%), Saturated Fat: 2.09g (13.04%), Carbohydrates: 494.69g (164.9%), Net Carbohydrates: 452.92g (164.7%), Sugar: 410.21g (455.79%), Cholesterol: 185.4mg (61.8%), Sodium: 50.44mg (2.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.35g (16.7%), Fiber: 41.77g (167.07%), Vitamin C: 126.38mg (153.18%), Manganese: 2.88mg (143.92%), Vitamin E: 10.11mg (67.37%), Vitamin K: 58.03µg (55.27%), Copper: 0.86mg (43.02%), Potassium: 1226.51mg (35.04%), Vitamin B6: 0.62mg (31.14%), Vitamin B5: 2.86mg (28.64%), Vitamin B2: 0.45mg (26.51%), Phosphorus: 221.89mg (22.19%), Magnesium: 83.04mg (20.76%), Selenium: 13.12µg (18.75%), Iron: 3.22mg (17.91%), Folate: 70.87µg (17.72%), Vitamin A: 836.77IU (16.74%), Calcium: 160.09mg (16.01%), Vitamin B1: 0.2mg (13.64%), Zinc: 1.75mg (11.65%), Vitamin B3: 1.62mg (8.12%), Vitamin D: 1.08µg (7.22%),

Vitamin B12: 0.41µg (6.88%)