



Very Merry Cran-Apple Pie

 Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



213 kcal

DESSERT

Ingredients

- 3 cups apples thinly sliced
- 0.7 cup brown sugar packed
- 2 cups cranberries fresh thawed ()
- 0.3 cup flour all-purpose gold medal®
- 1 tablespoon butter
- 0.5 teaspoon salt
- 0.3 cup shortening
- 2 tablespoons water cold

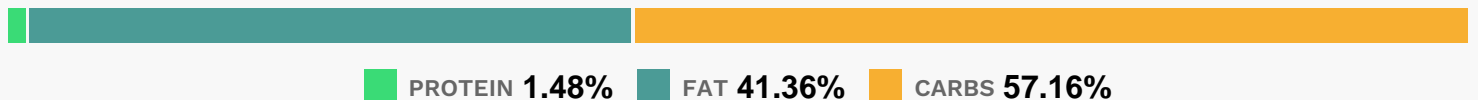
Equipment

- bowl
- baking sheet
- oven
- blender
- plastic wrap
- aluminum foil

Directions

- In medium bowl, cut shortening into 1 cup flour and the salt, using pastry blender or crisscrossing 2 knives, until crumbly.
- Sprinkle with cold water, 1 tablespoon at a time, and toss with fork until dough forms. Shape dough into a ball. Wrap in plastic wrap and refrigerate 15 minutes.
- Heat oven to 425°F. Shape dough into flattened round on floured surface.
- Roll dough into 13-inch circle.
- Place on ungreased large cookie sheet.
- Mix brown sugar, 1/3 cup flour, the apples and cranberries. Mound mixture on center of dough up to 3 inches of edge. Dot with margarine. Fold edge of dough over apples.
- Bake pie 20 minutes. Cover center with 5-inch square of foil to prevent overbrowning.
- Bake 10 to 15 minutes longer or until crust is light golden brown.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:5.53, Inflammation Score:-2, Nutrition Score:3.0539130217841%

Flavonoids

Cyanidin: 12.34mg, Cyanidin: 12.34mg, Cyanidin: 12.34mg, Cyanidin: 12.34mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg

Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.3mg, Peonidin: 12.3mg, Peonidin: 12.3mg, Peonidin: 12.3mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 4.62mg, Epicatechin: 4.62mg, Epicatechin: 4.62mg, Epicatechin: 4.62mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 212.59kcal (10.63%), Fat: 10.11g (15.56%), Saturated Fat: 2.45g (15.32%), Carbohydrates: 31.44g (10.48%), Net Carbohydrates: 29.28g (10.65%), Sugar: 23.74g (26.38%), Cholesterol: 0mg (0%), Sodium: 168.58mg (7.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.63%), Fiber: 2.17g (8.66%), Manganese: 0.15mg (7.7%), Vitamin C: 5.66mg (6.86%), Vitamin E: 1mg (6.64%), Vitamin K: 6.84µg (6.52%), Vitamin B1: 0.05mg (3.58%), Potassium: 100.88mg (2.88%), Selenium: 2.01µg (2.87%), Folate: 11.39µg (2.85%), Iron: 0.49mg (2.74%), Vitamin B2: 0.04mg (2.56%), Vitamin B6: 0.04mg (2.18%), Copper: 0.04mg (2.17%), Calcium: 21.62mg (2.16%), Vitamin B5: 0.21mg (2.09%), Vitamin A: 102.91IU (2.06%), Vitamin B3: 0.4mg (1.98%), Magnesium: 6.73mg (1.68%), Phosphorus: 14.67mg (1.47%)