

Apple Cherry Pie

*Ladies Home Journal Delicious Desserts 2011
Meredith Corporation - Des Moines, IA*

Servings: 8

*1 Recipe for a Double Crust Pie II
(see recipe under Desserts/Pies)
1/2 cup toasted almonds, chopped
6 cups Jonathan OR Golden
Delicious apples, peeled and thinly
sliced
1/3 cup cherry preserves
1/2 cup sugar
3 tablespoons all-purpose flour
1/2 teaspoon ground cardamom
1 cup frozen unsweetened pitted tart
red cherries, thawed
milk
sugar*

Preparation Time: 40 minutes

Bake: 55 minutes

Preheat the oven to 375 degrees.

Prepare and roll out the pastry. Line a nine-inch pie plate with half of the pastry. Trim the pastry 1/2-inch beyond the rim of the pie plate. Sprinkle the toasted almonds on the pastry in the pie plate.

For the filling: In a large bowl, toss the apples with the cherry preserves. In a small bowl, stir together the sugar, flour and cardamom. Add to the apple mixture. Add the cherries. Gently toss the fruit to coat.

Transfer the filling to the pastry-lined pie plate. Cut the remaining pastry into 1/2-inch-wide strips for the lattice top. Weave over the filling and press into the edges of the bottom pastry. Fold the bottom pastry over the strips. Seal and crimp the edge. Brush with milk and sprinkle with sugar.

Cover the pie edge with foil to prevent overbrowning. Bake for 25 minutes. Remove the foil. Bake for 30 to 35 minutes more or until the top is golden and the filling is bubbly. Cool on a wire rack.

Per Serving (excluding unknown items): 144 Calories; 5g Fat (27.2% calories from fat); 2g Protein; 25g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Fat; 1 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

| | | | |
|---------------------------------------|-------|-----------------------------|-------|
| Calories (kcal): | 144 | Vitamin B6 (mg): | trace |
| % Calories from Fat: | 27.2% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 67.0% | Thiamin B1 (mg): | trace |
| % Calories from Protein: | 5.9% | Riboflavin B2 (mg): | .1mg |
| Total Fat (g): | 5g | Folacin (mcg): | 15mcg |
| Saturated Fat (g): | trace | Niacin (mg): | trace |
| Monounsaturated Fat (g): | 3g | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | 1g | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 0mg | % Refuse: | 0% |
| Carbohydrate (g): | 25g | Food Exchanges | |
| Dietary Fiber (g): | 1g | Grain (Starch): | 1/2 |
| Protein (g): | 2g | Lean Meat: | 0 |
| Sodium (mg): | 6mg | Vegetable: | 0 |
| Potassium (mg): | 85mg | Fruit: | 0 |
| Calcium (mg): | 29mg | Non-Fat Milk: | 0 |
| Iron (mg): | 1mg | Fat: | 1 |
| Zinc (mg): | trace | Other Carbohydrates: | 1 1/2 |
| Vitamin C (mg): | trace | | |
| Vitamin A (i.u.): | 2IU | | |
| Vitamin A (r.e.): | 0RE | | |

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 144 **Calories from Fat:** 39

% Daily Values*

| | |
|--------------------------------|----|
| Total Fat 5g | 7% |
| Saturated Fat trace | 2% |
| Cholesterol 0mg | 0% |
| Sodium 6mg | 0% |
| Total Carbohydrates 25g | 8% |
| Dietary Fiber 1g | 5% |
| Protein 2g | |
| Vitamin A | 0% |
| Vitamin C | 0% |
| Calcium | 3% |
| Iron | 4% |

* Percent Daily Values are based on a 2000 calorie diet.