

Apple-Cranberry Crumb Pie

*Michele Albano Stuart - "Perfect Pies"
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Servings: 10

1 nine-inch pie crust (store bought or your favorite pie-crust recipe)

2 tablespoons heavy cream (to glaze the crimped pie edges)

FILLING

3/4 cup sugar

2 tablespoons unbleached all-purpose flour

1 tablespoon ground cinnamon

1 dash ground nutmeg

8 medium apples, peeled, cored and cut into 1/2-inch chunks

2/3 cup dried cranberries

TOPPING

1/2 cup all-purpose flour

1/3 cup firmly packed light brown sugar

1 teaspoon ground cinnamon

1/4 teaspoon salt

5 tablespoons unsalted butter, cold and cut into 1/4-inch pieces

Preheat the oven to 425 degrees.

Place the crust in a pie plate. Brush the edges of the pie crust with heavy cream to create a golden brown finish.

To prepare the filling, whisk together the sugar, flour, cinnamon and nutmeg in a small bowl.

Place the apples in a large bowl and toss with the sugar mixture. Add the cranberries. Place the mixture in the pie crust.

To prepare the topping, combine the flour, brown sugar, cinnamon and salt in a small bowl. Mix well. Add the butter and process until the mixture forms small pea-size pieces. Sprinkle over the filling, covering completely.

Place the pie plate on a baking sheet and bake for 15 minutes.

Reduce the heat to 375 degrees and continue baking for 40 minutes or until the apples are tender.

Transfer the pie to a wire rack and let cool.

Per Serving (excluding unknown items): 227 Calories; 6g Fat (23.6% calories from fat); 1g Protein; 44g Carbohydrate; 4g Dietary Fiber; 16mg Cholesterol; 57mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Fruit; 1 Fat; 1 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	227	Vitamin B6 (mg):	.1mg
% Calories from Fat:	23.6%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	74.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	1.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	6g	Folacin (mcg):	13mcg
Saturated Fat (g):	4g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	16mg	% Refused:	n n%
Carbohydrate (g):	44g	Food Exchanges	
Dietary Fiber (g):	4g	Grain (Starch):	1/2
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	57mg	Vegetable:	0
Potassium (mg):	166mg	Fruit:	1
Calcium (mg):	28mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	1
Zinc (mg):	trace	Other Carbohydrates:	1 1/2
Vitamin C (mg):	7mg		
Vitamin A (i.u.):	278IU		
Vitamin A (r.e.):	59 1/2RE		

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 227 **Calories from Fat:** 54

% Daily Values*

Total Fat 6g	10%
Saturated Fat 4g	18%
Cholesterol 16mg	5%
Sodium 57mg	2%
Total Carbohydrates 44g	15%
Dietary Fiber 4g	15%
Protein 1g	
Vitamin A	6%
Vitamin C	11%
Calcium	3%
Iron	5%

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