

Autumn Harvest Apple Pie

Nathaniel Porter Inn - Warren, RI
The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 6

CRUST

2 cups flour
3/4 cup butter
2 tablespoons vegetable shortening
1/2 cup sugar
pinch salt

1 egg, lightly beaten

FILLING

1/3 cup canned pumpkin
1/2 cup sugar
1 tablespoon fresh lemon juice
1 teaspoon flour
1/2 teaspoon ground ginger
1/2 teaspoon ground cinnamon
1/4 teaspoon ground cloves
1/4 teaspoon allspice
3 cups assorted apples (2 cups firm, 1 cup soft), thinly sliced
1 1/2 cups cranberries
1 cup (one or two slices) fresh pumpkin, thinly sliced
3 tablespoons butter, cut in small pieces

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Preheat the oven to 350 degrees.

Make an egg wash by mixing one egg yolk with two tablespoons of water.

To make the crust: In a bowl, combine the flour, salt and sugar. Cut in the butter and shortening (using a pastry blender or two knives). Add the egg. Mix only until combined. Chill for one-half hour.

Roll out into two circles to fit a nine-inch pie pan. Place one crust into the bottom of the pan.

To make the filling: In a large bowl, combine the pumpkin, sugar, lemon juice, flour, ginger, cinnamon, cloves and allspice. Add the apples, cranberries and fresh pumpkin. Toss to blend. Pour into the pie crust. Dot the butter over the filling. Top with the remaining pie crust. Brush the top with the egg wash.

Bake for one hour and 15 minutes.

Per Serving (excluding unknown items): 605 Calories; 34g Fat (50.4% calories from fat); 6g Protein; 70g Carbohydrate; 3g Dietary Fiber; 113mg Cholesterol; 307mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 6 1/2 Fat; 2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	605	Vitamin B6 (mg):	.1mg
% Calories from Fat:	50.4%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	45.7%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	3.9%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	34g	Folacin (mcg):	19mcg
Saturated Fat (g):	20g	Niacin (mg):	3mg
Monounsaturated Fat (g):	11g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	113mg	% Refuse:	n n%
Carbohydrate (g):	70g	Food Exchanges	
Dietary Fiber (g):	3g	Grain (Starch):	2
Protein (g):	6g	Lean Meat:	0
Sodium (mg):	307mg	Vegetable:	0
Potassium (mg):	119mg	Fruit:	0
Calcium (mg):	28mg	Non-Fat Milk:	0
Iron (mg):	3mg	Fat:	6 1/2
Zinc (mg):	trace	Other Carbohydrates:	2
Vitamin C (mg):	5mg		
Vitamin A (i.u.):	4109IU		
Vitamin A (r.e.):	578 1/2RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 605 **Calories from Fat:** 305

% Daily Values*

Total Fat 34g	53%
Saturated Fat 20g	100%
Cholesterol 113mg	38%
Sodium 307mg	13%
Total Carbohydrates 70g	23%
Dietary Fiber 3g	11%
Protein 6g	
Vitamin A	82%
Vitamin C	9%
Calcium	3%
Iron	14%

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