

Cranberry Double-Nut Pie

Lily Julow - Lawrenceville, GA
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Servings: 8

pastry for a nine-inch single-crust pie
3 eggs
3/4 cup packed brown sugar
1/2 cup light corn syrup
1/3 cup butter, melted
2 tablespoons molasses
1/4 teaspoon salt
1 1/2 cups fresh or frozen
cranberries, thawed
3/4 cup walnuts, coarsely chopped
and toasted
3/4 cup pecans, coarsely chopped and
toasted

Preparation Time: 20 minutes

Bake: 45 minutes

Preheat the oven to 350 degrees.

On a lightly floured surface, roll the pastry dough to a 1/8-inch-thick circle. Transfer to a nine-inch pie plate. Trim the pastry to 1/2-inch beyond the rim of the plate. Flute the edge.

In a large bowl, whisk the eggs, brown sugar, corn syrup, butter, molasses and salt.

Stir in the cranberries, walnuts and pecans. Pour into the pastry shell.

Bake for 45 to 50 minutes or until set.

Cool on a wire rack.

To toast the nuts: Spread in a 15x10x1-inch baking pan. Bake at 350 degrees for 5 to 10 minutes or until lightly browned, stirring occasionally. OR, spread in a dry nonstick skillet and heat over low heat until lightly browned, stirring occasionally.

Per Serving (excluding unknown items): 382 Calories; 23g Fat (51.4% calories from fat); 6g Protein; 43g Carbohydrate; 1g Dietary Fiber; 100mg Cholesterol; 138mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 4 Fat; 2 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	382	Vitamin B6 (mg):	.1mg
% Calories from Fat:	51.4%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	42.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	6.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	23g	Folacin (mcg):	21mcg
Saturated Fat (g):	6g	Niacin (mg):	trace

Monounsaturated Fat (g):	9g
Polyunsaturated Fat (g):	7g
Cholesterol (mg):	100mg
Carbohydrate (g):	43g
Dietary Fiber (g):	1g
Protein (g):	6g
Sodium (mg):	138mg
Potassium (mg):	276mg
Calcium (mg):	51mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	425IU
Vitamin A (r.e.):	102RE

Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	4
Other Carbohydrates:	2 1/2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 382	Calories from Fat: 197
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% Daily Values*

Total Fat 23g	35%
Saturated Fat 6g	31%
Cholesterol 100mg	33%
Sodium 138mg	6%
Total Carbohydrates 43g	14%
Dietary Fiber 1g	5%
Protein 6g	
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Vitamin A	9%
Vitamin C	1%
Calcium	5%
Iron	9%

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