

PREPARATION: 10 MINUTES

COOKING: 30-40 MINUTES

SERVINGS: 6

EASY FRUIT CROSTATA



Nutrient Analysis

PER SERVING: 1/6 of recipe

RENAL EXCHANGE: 1 Starch + 1 Fruit + 1 Fat

Calories	165 Kcal	Sodium	146 mg
Protein	2 g	Potassium	113 mg
Total Carbohydrate	23 g	Phosphorus	25 mg
Fiber	2 g	Calcium	133 mg
Sugars	9 g	Iron	0.3 mg
Fat	7 g	Magnesium	11 mg
Saturated	1 g	Vitamin C	8 mg
Cholesterol	0 mg		

Diet Types

CKD Non-Dialysis Dialysis/Diabetes

Dialysis Transplant

EASY FRUIT CROSTATA

INGREDIENTS

1 store-bought 9" pie shell

2 apples, peeled and thinly sliced

1 cup raspberries

1 egg white

1 tablespoon warm honey

PREPARATION

- 1** Preheat oven to 400°F.
- 2** Remove the pie dough from the aluminum pie pan and place on a baking sheet lined with parchment paper.
- 3** Spread apple slices over the pie dough, leaving a 1" border. Top apple slices with raspberries.
- 4** Gently fold the border over the apple and raspberry mixture to enclose the fruit, pleating it to make a circle. Brush the pastry with the egg white.
- 5** Bake the crostata for 30–40 minutes or until the crust becomes golden and the fruit softens.
- 6** Drizzle the apple and raspberry mixture with honey and enjoy.



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