Easy Fruit Crostata

PREPARATION: 10 MINUTES
COOKING: 30–40 MINUTES
SERVINGS: 6

Nutrient Analysis

PER SERVING: ⅙ of recipe

RENEAL 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.