



All American Apple Pie



Vegetarian



Popular

READY IN



70 min.

SERVINGS



8

CALORIES



277 kcal

DESSERT

Ingredients

- ☐ 6 fuji apples cored sliced
- ☐ 0.5 cup butter
- ☐ 0.5 cup flour all-purpose
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 2 tablespoons milk cold
- ☐ 1 teaspoon salt
- ☐ 0.5 cup vegetable oil

☐ 0.5 cup sugar white

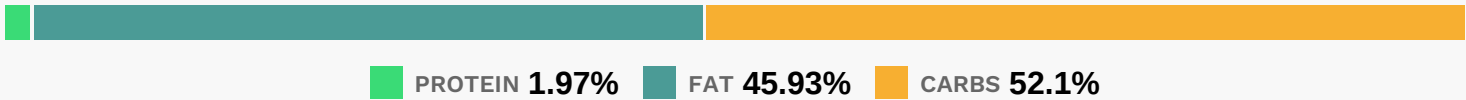
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pie form
- ☐ pastry cutter

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ To Make Crust: In a large bowl, mix together 1 1/2 cups flour, oil, milk, 1 1/2 teaspoons sugar and salt until evenly blended. Pat mixture into a 9 inch pie pan, spreading the dough evenly over the bottom and up sides. Crimp edges of the dough around the perimeter.
- ☐ Mix together 3/4 cup sugar, 3 tablespoons flour, cinnamon, and nutmeg.
- ☐ Sprinkle over apples and toss to coat.
- ☐ Spread evenly in unbaked pie shell.
- ☐ To Make Topping: Using a pastry cutter, mix together 1/2 cup flour, 1/2 cup sugar and butter until evenly distributed and crumbly in texture.
- ☐ Sprinkle over apples.
- ☐ Put pie in the oven on a cookie sheet to catch the juices that may spill over.
- ☐ Bake 45 minutes.

Nutrition Facts



Properties

Glycemic Index:42.51, Glycemic Load:18.12, Inflammation Score:-4, Nutrition Score:4.3091304211513%

Flavonoids

Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 276.73kcal (13.84%), Fat: 14.75g (22.69%), Saturated Fat: 7.86g (49.13%), Carbohydrates: 37.65g (12.55%), Net Carbohydrates: 34.03g (12.38%), Sugar: 26.92g (29.91%), Cholesterol: 30.95mg (10.32%), Sodium: 385.02mg (16.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Fiber: 3.61g (14.45%), Vitamin A: 435.01IU (8.7%), Vitamin K: 9.1µg (8.67%), Vitamin C: 6.29mg (7.62%), Manganese: 0.14mg (6.94%), Vitamin B1: 0.09mg (5.85%), Vitamin E: 0.81mg (5.39%), Vitamin B2: 0.09mg (5.09%), Folate: 18.92µg (4.73%), Potassium: 165mg (4.71%), Selenium: 2.95µg (4.21%), Vitamin B6: 0.06mg (3.13%), Phosphorus: 31.03mg (3.1%), Iron: 0.56mg (3.1%), Vitamin B3: 0.6mg (3%), Copper: 0.05mg (2.56%), Magnesium: 9.63mg (2.41%), Calcium: 19.79mg (1.98%), Vitamin B5: 0.15mg (1.48%)