



Apple Almond Pie

 Vegetarian  Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



597 kcal

DESSERT

Ingredients

- 0.3 teaspoon almond extract
- 0.5 cup almonds crushed
- 6 cups apples peeled sliced
- 0.5 cup brown sugar
- 1 large egg yolk
- 15 ounce pastry divided for a double crust 9-inch pie,
- 2 tablespoons flour all-purpose
- 1 teaspoon ground cinnamon to taste

- 2 tablespoons honey
- 0.5 teaspoon water
- 1.3 cups sugar white

Equipment

- bowl
- oven
- microwave
- pie form

Directions

- Preheat oven to 350 degrees F (175 degrees C). Press 1 pie crust into a 9-inch pie pan.
- Toss apples, almonds, white sugar, brown sugar, and flour together in a bowl until apples and almonds are completely coated.
- Mix honey, egg yolk, water, and almond extract together in a microwave-safe dish.
- Microwave honey mixture, stirring every 15 seconds, until mixture is melted and smooth, 30 to 45 seconds.
- Pour honey mixture over apple mixture and toss to coat.
- Transfer apple mixture to the prepared pie crust; sprinkle filling with cinnamon. Top pie with the remaining pie crust and pinch edges together to seal.
- Bake in the preheated oven until crust is lightly browned, 45 to 50 minutes.

Nutrition Facts



PROTEIN 4.29% **FAT 37.44%** **CARBS 58.27%**

Properties

Glycemic Index:37.55, Glycemic Load:41.59, Inflammation Score:-4, Nutrition Score:10.056087019651%

Flavonoids

Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg

Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg
Epicatechin: 7.11mg, Epicatechin: 7.11mg, Epicatechin: 7.11mg, Epicatechin: 7.11mg Epicatechin 3-gallate: 0.01mg,
Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-
gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate:
0.18mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg,
Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg,
Luteolin: 0.11mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg
Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 3.79mg, Quercetin:
3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 596.55kcal (29.83%), Fat: 25.56g (39.32%), Saturated Fat: 5.7g (35.61%), Carbohydrates: 89.51g
(29.84%), Net Carbohydrates: 85.15g (30.96%), Sugar: 59.41g (66.01%), Cholesterol: 22.95mg (7.65%), Sodium:
138.87mg (6.04%), Alcohol: 0.04g (100%), Alcohol %: 0.03% (100%), Protein: 6.59g (13.19%), Manganese: 0.57mg
(28.43%), Selenium: 15.46µg (22.08%), Vitamin E: 2.81mg (18.7%), Vitamin B2: 0.31mg (17.96%), Vitamin B1: 0.26mg
(17.62%), Fiber: 4.36g (17.43%), Vitamin B3: 2.76mg (13.8%), Folate: 55µg (13.75%), Iron: 2.11mg (11.7%), Vitamin K:
10.72µg (10.21%), Magnesium: 39.35mg (9.84%), Copper: 0.19mg (9.69%), Phosphorus: 96.44mg (9.64%),
Potassium: 225.48mg (6.44%), Vitamin C: 4.35mg (5.27%), Calcium: 52.57mg (5.26%), Zinc: 0.68mg (4.56%),
Vitamin B6: 0.08mg (3.87%), Vitamin B5: 0.19mg (1.94%), Vitamin A: 82.63IU (1.65%)