



Apple and Cheese Pie

READY IN



125 min.

SERVINGS



6

CALORIES



605 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 servings butter for greasing the pie dish
- ☐ 0.7 cup brown sugar dark
- ☐ 1 egg white beaten
- ☐ 1 tablespoon flour all-purpose
- ☐ 2.5 pounds granny smith apples cored peeled quartered
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.3 teaspoon nutmeg freshly ground
- ☐ 4 ounces coarsely sharp cheddar white grated

- ☐ 2 tablespoons butter unsalted cut into 1/2-inch pieces, at room temperature
- ☐ 2 diameter refrigerated

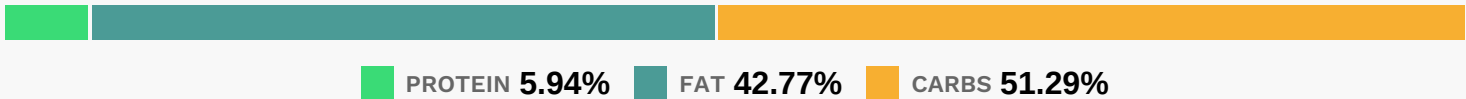
Equipment

- ☐ bowl
- ☐ oven
- ☐ aluminum foil
- ☐ pie form
- ☐ ceramic pie form

Directions

- ☐ Watch how to make this recipe.
- ☐ Position an oven rack on the bottom third of the oven and preheat to 400 degrees F. Butter the sides and bottom of a 9-inch-diameter glass or ceramic pie dish.
- ☐ Cut the apple quarters into 3 wedges.
- ☐ Mix the apples, cheese, sugar, butter, flour, cinnamon, nutmeg and salt in a medium bowl.
- ☐ Unroll one crust and place in the buttered pie dish.
- ☐ Brush the inside of the crust with some of the egg white to coat.
- ☐ Pour the apple filling into the crust. Unroll the second crust and place on top of the filling. Pinch the edge of the top crust and the edge of the bottom crust together to seal. Fold the double edge under and crimp, making a decorative edge.
- ☐ Brush the top of the pie with more of the egg white.
- ☐ Cut several slits in the top crust to allow steam to escape.
- ☐ Bake the pie until the crust is deep golden and the filling is bubbling through the slits, about 1 hour. Cover the edges of the pie with foil if the crust browns too quickly. Cool the pie for about 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:43.17, Glycemic Load:7.73, Inflammation Score:-5, Nutrition Score:10.323912962623%

Flavonoids

Cyanidin: 2.97mg, Cyanidin: 2.97mg, Cyanidin: 2.97mg, Cyanidin: 2.97mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 14.23mg, Epicatechin: 14.23mg, Epicatechin: 14.23mg, Epicatechin: 14.23mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 7.58mg, Quercetin: 7.58mg, Quercetin: 7.58mg, Quercetin: 7.58mg

Nutrients (% of daily need)

Calories: 604.97kcal (30.25%), Fat: 29.42g (45.25%), Saturated Fat: 13.3g (83.11%), Carbohydrates: 79.38g (26.46%), Net Carbohydrates: 73.2g (26.62%), Sugar: 43.5g (48.34%), Cholesterol: 39.68mg (13.23%), Sodium: 502.04mg (21.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.19g (18.38%), Fiber: 6.18g (24.72%), Manganese: 0.4mg (20.21%), Calcium: 182.43mg (18.24%), Phosphorus: 153.94mg (15.39%), Vitamin B2: 0.26mg (15.32%), Selenium: 10.4µg (14.86%), Vitamin B1: 0.2mg (13.62%), Folate: 52.41µg (13.1%), Iron: 2mg (11.11%), Vitamin A: 534.64IU (10.69%), Vitamin C: 8.71mg (10.56%), Vitamin B3: 1.83mg (9.14%), Potassium: 317.81mg (9.08%), Vitamin K: 9.53µg (9.08%), Zinc: 1.06mg (7.06%), Magnesium: 26.63mg (6.66%), Vitamin B6: 0.13mg (6.53%), Vitamin E: 0.98mg (6.5%), Copper: 0.12mg (5.85%), Vitamin B5: 0.48mg (4.82%), Vitamin B12: 0.22µg (3.69%), Vitamin D: 0.18µg (1.22%)