



Apple and Dried-Cherry Lattice Pie

READY IN



45 min.

SERVINGS



8

CALORIES



396 kcal

DESSERT

Ingredients

- ☐ 1.5 cups all purpose flour
- ☐ 0.5 cup cake flour
- ☐ 0.3 cup brown sugar dark packed ()
- ☐ 1 cup bing cherries dried
- ☐ 5 granny smith apples cored peeled cut into 1/4-inch-thick slices, slices cut crosswise into thirds ()
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 8 servings powdered sugar
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup solid vegetable shortening chilled cut into pieces

- ☐ 3 tablespoons sugar
- ☐ 3 tablespoons butter unsalted melted
- ☐ 0.5 teaspoon vanilla extract
- ☐ 5 tablespoons milk whole cold

Equipment

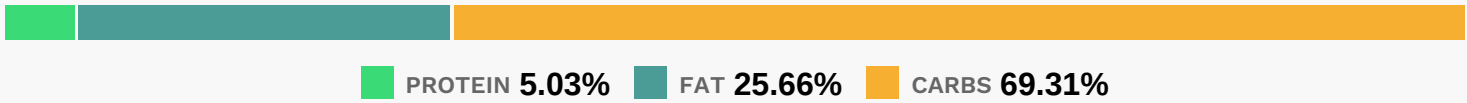
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Blend both flours, sugar, and salt in processor until just combined.
- ☐ Add butter and shortening. Using on/off turns, process until mixture resembles coarse meal.
- ☐ Add milk. Using on/off turns, process until moist clumps form. Gather dough into ball; divide into 2 pieces, 1 slightly larger than the other. Flatten larger piece into disk and smaller piece into rectangle. Wrap each in plastic; chill 1 hour. (Can be made 1 day ahead. Keep chilled.)
- ☐ Preheat oven to 375°F.
- ☐ Place apples on large rimmed baking sheet; toss with 3 tablespoons sugar, 2 tablespoons butter, and lemon juice. Roast until apples are tender, stirring occasionally, about 45 minutes.
- ☐ Transfer to large bowl. Stir in cherries, brown sugar, and vanilla. Cool completely.
- ☐ Butter 9-inch glass pie dish.
- ☐ Roll out dough disk on floured surface to 12-inch round.
- ☐ Transfer to pie dish; trim overhang to 1/2 inch. Spoon filling into crust.
- ☐ Roll out dough rectangle on floured surface to 11x6-inch rectangle.
- ☐ Cut lengthwise into 8 strips. Arrange 4 strips across pie, spacing evenly.
- ☐ Place remaining 4 strips across first 4 strips, forming lattice pattern. Fold dough overhang over ends of strips; crimp edge.
- ☐ Brush strips and edge with 1 tablespoon butter.

Bake until pie is golden and filling is bubbling, covering edge with foil if browning too quickly, about 40 minutes. Cool 45 minutes. Dust pie with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:35.26, Glycemic Load:24.07, Inflammation Score:-6, Nutrition Score:7.4204347755598%

Flavonoids

Cyanidin: 1.79mg, Cyanidin: 1.79mg, Cyanidin: 1.79mg, Cyanidin: 1.79mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 8.57mg, Epicatechin: 8.57mg, Epicatechin: 8.57mg, Epicatechin: 8.57mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg

Nutrients (% of daily need)

Calories: 396.45kcal (19.82%), Fat: 11.54g (17.75%), Saturated Fat: 4.56g (28.5%), Carbohydrates: 70.11g (23.37%), Net Carbohydrates: 65.13g (23.68%), Sugar: 39.28g (43.64%), Cholesterol: 12.41mg (4.14%), Sodium: 228.77mg (9.95%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 5.09g (10.18%), Fiber: 4.98g (19.93%), Selenium: 11.44µg (16.34%), Vitamin A: 745.96IU (14.92%), Vitamin B1: 0.22mg (14.46%), Manganese: 0.27mg (13.42%), Folate: 49.48µg (12.37%), Vitamin B2: 0.17mg (9.86%), Iron: 1.6mg (8.92%), Vitamin B3: 1.59mg (7.94%), Vitamin C: 5.96mg (7.22%), Vitamin K: 6.4µg (6.1%), Phosphorus: 56.57mg (5.66%), Potassium: 181.67mg (5.19%), Vitamin E: 0.77mg (5.15%), Calcium: 44.11mg (4.41%), Copper: 0.08mg (4.22%), Magnesium: 14.79mg (3.7%), Vitamin B6: 0.07mg (3.48%), Vitamin B5: 0.3mg (3.02%), Zinc: 0.32mg (2.16%), Vitamin D: 0.18µg (1.21%)