



Apple and Ice Cream Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



348 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 2 tablespoons brown sugar
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons butter melted
- ☐ 6 tablespoons caramel topping divided
- ☐ 1 large egg white
- ☐ 4 cups vanilla yogurt frozen softened reduced-fat
- ☐ 1 graham cracker sheet crumbled reduced-fat

- ☐ 2 pounds apples i use 2 granny smith apples peeled thinly sliced
- ☐ 1.3 teaspoons ground cinnamon divided
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 10 graham cracker sheets reduced-fat
- ☐ 1 tablespoon pecans toasted chopped
- ☐ 0.8 cup water

Equipment

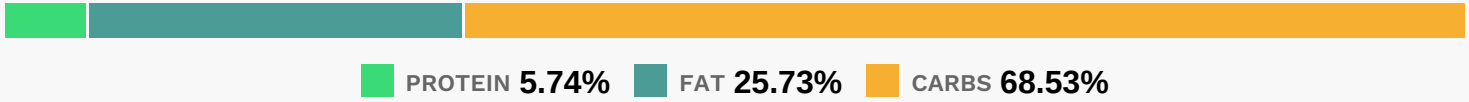
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 350
- ☐ To prepare the crust, place crackers in a food processor; process until fine crumbs form.
- ☐ Add 2 tablespoons sugar, 2 tablespoons melted butter, and egg white; pulse 8 times or until moist. Press crumb mixture into a 9-inch pie plate coated with cooking spray.
- ☐ Bake at 350 for 8 minutes; cool on a wire rack. Freeze 30 minutes to overnight.
- ☐ To prepare filling, melt 1 tablespoon butter in a large nonstick skillet over medium heat.
- ☐ Add apple; cook 10 minutes or until lightly browned, stirring frequently.
- ☐ Add water; bring to a boil. Cover, reduce heat, and simmer 15 minutes. Stir in 1 tablespoon brown sugar, 1/4 teaspoon cinnamon, and nutmeg; cook, uncovered, 3 minutes or until liquid evaporates.
- ☐ Remove from pan. Cover and chill 2 hours.
- ☐ Place frozen yogurt in a chilled bowl. Stir in 1 teaspoon cinnamon and 3/4 cup apple mixture. Cover and chill 30 minutes.
- ☐ Spread half of yogurt mixture into frozen crust (keep remaining yogurt mixture in freezer). Top the yogurt mixture with the remaining apple mixture.

- ☐ Drizzle with 1/4 cup caramel topping. Cover and freeze 1 hour. Carefully spread reservedyogurt mixture over caramel. Top with graham cracker crumbs and pecans.
- ☐ Drizzle with 2 tablespoons caramel topping. Freeze overnight or until solid.
- ☐ Place pie in the refrigerator for 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:36.38, Glycemic Load:5.1, Inflammation Score:-4, Nutrition Score:5.7565217523471%

Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 8.55mg, Epicatechin: 8.55mg, Epicatechin: 8.55mg, Epicatechin: 8.55mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg 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: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

Nutrients (% of daily need)

Calories: 347.62kcal (17.38%), Fat: 10.44g (16.06%), Saturated Fat: 5.31g (33.22%), Carbohydrates: 62.54g (20.85%), Net Carbohydrates: 59.46g (21.62%), Sugar: 47.01g (52.24%), Cholesterol: 12.73mg (4.24%), Sodium: 276.75mg (12.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.24g (10.48%), Calcium: 128.57mg (12.86%), Vitamin B2: 0.22mg (12.74%), Fiber: 3.08g (12.32%), Phosphorus: 120.59mg (12.06%), Potassium: 306.91mg (8.77%), Manganese: 0.17mg (8.59%), Vitamin A: 360.26IU (7.21%), Vitamin C: 5.89mg (7.15%), Vitamin B5: 0.59mg (5.89%), Vitamin B6: 0.11mg (5.56%), Magnesium: 20.53mg (5.13%), Selenium: 3.56µg (5.09%), Copper: 0.08mg (4.16%), Vitamin B12: 0.25µg (4.14%), Vitamin B1: 0.06mg (3.92%), Vitamin K: 3.22µg (3.07%), Zinc: 0.45mg (3.03%), Vitamin E: 0.44mg (2.92%), Iron: 0.52mg (2.89%), Folate: 9.54µg (2.38%), Vitamin B3: 0.41mg (2.04%)