



Apple Cheddar Cheese Pie

 Vegetarian

READY IN



175 min.

SERVINGS



8

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 eggs beaten
- ☐ 3 cups flour all-purpose
- ☐ 7 large granny smith apples cored peeled sliced
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup ice water
- ☐ 3 tablespoons juice of lemon
- ☐ 0.5 teaspoon salt
- ☐ 0.5 pound sharp cheddar cheese shredded

- ☐ 1 tablespoon butter unsalted cubed
- ☐ 1 tablespoon sugar white
- ☐ 0.3 cup vinegar white

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a large bowl, combine flour and salt.
- ☐ Cut in butter until mixture resembles coarse crumbs. Stir in cheese.
- ☐ Combine water and vinegar, and gradually stir in until mixture forms a ball. Divide dough in half and shape into balls. Wrap in plastic and refrigerate for 4 hours or overnight.
- ☐ Preheat oven to 450 degrees F (230 degrees C.)
- ☐ Roll one ball out to fit a 9 inch pie plate.
- ☐ Place bottom crust in pie plate.
- ☐ Roll out top crust and set aside.
- ☐ In a large bowl, toss apples in lemon juice to prevent discoloration.
- ☐ Drain and discard any excess juice. Stir in sugar and cinnamon. Arrange rows of overlapping apple slices, working from outer rim in. Dot with butter. Cover with top pie crust. Seal and crimp edges with fork, then trim excess dough.
- ☐ Cut a few slashes in top crust to allow steam to escape.
- ☐ Bake on cookie sheet in preheated oven for 15 minutes. Reduce heat to 350 degrees F (175 degrees C), and continue baking for about 30 minutes, or until golden brown.
- ☐ Remove from oven, brush lightly with beaten egg, and sprinkle liberally with sugar.
- ☐ Bake 5 to 10 minutes more until sugar forms a crisp glaze.

Nutrition Facts



Properties

Glycemic Index:32.39, Glycemic Load:34.23, Inflammation Score:-6, Nutrition Score:13.84304351392%

Flavonoids

Cyanidin: 3.06mg, Cyanidin: 3.06mg, Cyanidin: 3.06mg, Cyanidin: 3.06mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.54mg, Catechin: 2.54mg, Catechin: 2.54mg, Catechin: 2.54mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 14.69mg, Epicatechin: 14.69mg, Epicatechin: 14.69mg, Epicatechin: 14.69mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 7.85mg, Quercetin: 7.85mg, Quercetin: 7.85mg, Quercetin: 7.85mg

Nutrients (% of daily need)

Calories: 416.92kcal (20.85%), Fat: 12.39g (19.07%), Saturated Fat: 6.64g (41.53%), Carbohydrates: 65.42g (21.81%), Net Carbohydrates: 59.38g (21.59%), Sugar: 22.18g (24.64%), Cholesterol: 52.57mg (17.52%), Sodium: 342.25mg (14.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.69g (25.38%), Selenium: 25.68µg (36.68%), Vitamin B1: 0.41mg (27.54%), Vitamin B2: 0.43mg (25.54%), Folate: 101.36µg (25.34%), Fiber: 6.03g (24.13%), Calcium: 225.06mg (22.51%), Phosphorus: 214.09mg (21.41%), Manganese: 0.42mg (20.99%), Vitamin B3: 2.97mg (14.86%), Iron: 2.57mg (14.28%), Vitamin C: 11.16mg (13.52%), Zinc: 1.53mg (10.18%), Vitamin A: 463.57IU (9.27%), Potassium: 295.33mg (8.44%), Magnesium: 28.99mg (7.25%), Copper: 0.14mg (6.85%), Vitamin B6: 0.13mg (6.62%), Vitamin B12: 0.35µg (5.87%), Vitamin B5: 0.54mg (5.35%), Vitamin K: 5.29µg (5.04%), Vitamin E: 0.7mg (4.68%), Vitamin D: 0.31µg (2.04%)