



Apple Chess Pie

 Vegetarian

READY IN



120 min.

SERVINGS



8

CALORIES



194 kcal

DESSERT

Ingredients

- ☐ 2 tablespoon brown sugar
- ☐ 1 tablespoon masa fine
- ☐ 3 large eggs
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 1 pinch ground cinnamon
- ☐ 2 tablespoon juice of lemon freshly squeezed
- ☐ 1 pinch salt

☐ 8 tablespoon butter unsalted melted

Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Once the dough is rolled out, gently fold it in half, and in one movement lift it off the rolling surface and into the pie pan. Unfold the dough circle and gently ease into an 8 or 9-inch pie pan; do not stretch the dough. When it heats up in baking, it will bounce back. If there is excess dough hanging over the lip of the pie pan, simply fold the dough so that the rim of the pan supports it. You can then either crimp the edge with the tines of a fork or flute the edge with your fingers. Refrigerate or freeze for at least 1 hour. Preheat oven to 375 degrees F.
- ☐ Remove the piecrust from the refrigerator or freezer.
- ☐ Mix the sliced apples with the brown sugar and arrange them in the cold crust. Cover the pie, including the fluted edge, tightly with aluminum foil.
- ☐ Place in the oven and bake for 30 to 40 minutes, or until the apples are just tender when pierced with a knife. While the pie is baking, make the chess pie custard.
- ☐ Whisk the eggs, sugar, melted butter, lemon juice, corn flour, and cinnamon together until well blended. When the apples are done, remove the foil. Don't be scared of the amount of juice you may see, the custard will bind the juice.
- ☐ Pour the custard over the apples using a knife to help the custard fill the gaps. Return the pie to the oven, uncovered.
- ☐ Bake until the custard is set, the top is dotted with deep golden brown spots, and the crust is done, 15 to 20 minutes.
- ☐ Serve warm or chilled.

Nutrition Facts



 **PROTEIN 5.39%**  **FAT 59.96%**  **CARBS 34.65%**

Properties

Glycemic Index:18.76, Glycemic Load:9.24, Inflammation Score:-2, Nutrition Score:2.7213043648264%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 194.21kcal (9.71%), Fat: 13.23g (20.36%), Saturated Fat: 7.79g (48.66%), Carbohydrates: 17.2g (5.73%), Net Carbohydrates: 17.09g (6.22%), Sugar: 15.57g (17.3%), Cholesterol: 99.85mg (33.28%), Sodium: 34.08mg (1.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.35%), Selenium: 6.45µg (9.22%), Vitamin A: 451.45IU (9.03%), Vitamin B2: 0.1mg (5.82%), Phosphorus: 43.81mg (4.38%), Vitamin D: 0.58µg (3.9%), Vitamin E: 0.53mg (3.53%), Vitamin B12: 0.19µg (3.18%), Vitamin B5: 0.32mg (3.18%), Folate: 11.98µg (3%), Iron: 0.42mg (2.33%), Vitamin B6: 0.04mg (1.99%), Zinc: 0.28mg (1.88%), Calcium: 18.28mg (1.83%), Vitamin C: 1.45mg (1.76%), Vitamin B1: 0.02mg (1.23%), Manganese: 0.02mg (1.17%), Potassium: 40.75mg (1.16%), Copper: 0.02mg (1.08%), Magnesium: 4.06mg (1.02%)