



Apple-Cider Pie

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



322 kcal

DESSERT

Ingredients

- ☐ 2 cups apple cider
- ☐ 3 pounds braeburn apple peeled quartered
- ☐ 3 tablespoons cornstarch
- ☐ 1 large eggs lightly beaten
- ☐ 2 cups flour all-purpose divided
- ☐ 0.3 cup water
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup stick margarine chilled cut into small pieces

- ☐ 1.3 teaspoons pumpkin pie spice
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1 tablespoon sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 0.3 cup shortening
- ☐ 1 tablespoon water

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ measuring cup

Directions

- ☐ To prepare crust, lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine 1/3 cup flour and ice water, stirring with a whisk until well-blended.
- ☐ Combine 1 2/3 cups flour and salt in a bowl; cut in margarine and shortening with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Add ice water mixture; toss with a fork until moist. Divide dough in half. Gently press each half of mixture into a 4-inch circle on heavy-duty plastic wrap, and cover with additional plastic wrap.
- ☐ Roll one half of dough, still covered, into a 12-inch circle, and chill.

- ☐ Roll other half of dough, still covered, into an 11-inch circle; chill.
- ☐ To prepare filling, bring cider to a boil in a large, heavy saucepan over high heat. Cook until reduced to 1/2 cup (about 20 minutes). Cool completely.
- ☐ Preheat oven to 45
- ☐ Combine cooled cider, 1/3 cup sugar, cornstarch, lemon juice, vanilla, and pie spice in a large bowl.
- ☐ Cut each apple quarter crosswise into 1/4-inch-thick slices. Stir apple slices into cider mixture.
- ☐ Remove 1 sheet of plastic wrap from the 12-inch circle; fit dough into a 9-inch pie plate coated with cooking spray, allowing dough to extend over edge of plate.
- ☐ Remove top sheet of plastic wrap. Spoon apple mixture into crust, and brush edges of crust lightly with water.
- ☐ Remove 1 sheet of plastic wrap from the 11-inch circle, and place on top of apple mixture.
- ☐ Remove top sheet of plastic wrap. Press edges of dough together; fold edges under, and flute.
- ☐ Cut 6 (1-inch) slits into top of pastry using a sharp knife.
- ☐ Combine egg and 1 tablespoon water.
- ☐ Brush top and edges of pie with egg mixture, and sprinkle with 1 tablespoon sugar.
- ☐ Place pie on a baking sheet, and bake at 450 for 15 minutes. Reduce oven temperature to 350 (do not remove pie from oven), and bake an additional 45 minutes or until golden. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:28.79, Glycemic Load:26.39, Inflammation Score:-5, Nutrition Score:7.1504347531692%

Flavonoids

Cyanidin: 2.15mg, Cyanidin: 2.15mg, Cyanidin: 2.15mg, Cyanidin: 2.15mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.36mg, Catechin: 2.36mg, Catechin: 2.36mg, Catechin: 2.36mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 12.47mg, Epicatechin: 12.47mg, Epicatechin: 12.47mg, Epicatechin: 12.47mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg

Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg

Nutrients (% of daily need)

Calories: 321.7kcal (16.09%), Fat: 10.97g (16.87%), Saturated Fat: 2.53g (15.82%), Carbohydrates: 53.79g (17.93%), Net Carbohydrates: 49.68g (18.07%), Sugar: 26.83g (29.81%), Cholesterol: 18.6mg (6.2%), Sodium: 184.1mg (8%), Alcohol: 0.28g (100%), Alcohol %: 0.14% (100%), Protein: 3.7g (7.4%), Fiber: 4.1g (16.41%), Vitamin B1: 0.23mg (15.6%), Manganese: 0.3mg (14.91%), Selenium: 10.2µg (14.57%), Folate: 52.9µg (13.23%), Vitamin B2: 0.19mg (11.47%), Vitamin C: 7.92mg (9.59%), Iron: 1.54mg (8.55%), Vitamin B3: 1.65mg (8.26%), Potassium: 235.59mg (6.73%), Vitamin A: 313.36IU (6.27%), Phosphorus: 57.43mg (5.74%), Vitamin K: 5.88µg (5.6%), Vitamin E: 0.82mg (5.49%), Copper: 0.09mg (4.38%), Vitamin B6: 0.09mg (4.35%), Magnesium: 16.23mg (4.06%), Vitamin B5: 0.34mg (3.36%), Calcium: 22.77mg (2.28%), Zinc: 0.32mg (2.1%)