

# Apple Crumb Pie

 Popular

READY IN



45 min.

SERVINGS



8

CALORIES



1343 kcal

DESSERT

## Ingredients

- ☐ 6 cups apples thinly sliced
- ☐ 0.5 cup brown sugar packed
- ☐ 3 tablespoons butter
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 1 tablespoon juice of lemon
- ☐ 9 inch pie shell

- ☐ 0.5 cup raisins
- ☐ 0.5 cup walnuts chopped
- ☐ 0.8 cup sugar white

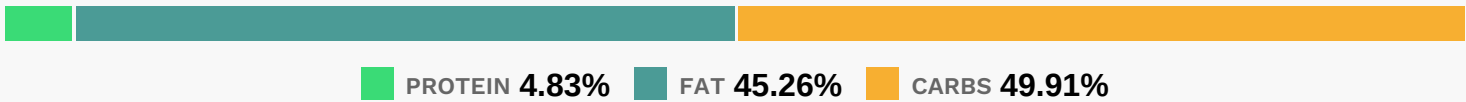
## Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Place sliced apples in a large bowl.
- ☐ Sprinkle with lemon juice if desired. In a small bowl, mix together white sugar, 2 tablespoons flour, cinnamon, and nutmeg.
- ☐ Sprinkle mixture over apples. Toss until apples are evenly coated. Stir in raisins and walnuts if desired. Spoon mixture into pastry shell.
- ☐ In a small bowl mix together 1/2 cup flour and brown sugar.
- ☐ Cut in butter or margarine until mixture is crumbly.
- ☐ Sprinkle mixture over apple filling. Cover top loosely with aluminum foil.
- ☐ Bake in preheated oven for 25 minutes.
- ☐ Remove foil and bake an additional 25 to 30 minutes, until top is golden brown. Cool on a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:47.61, Glycemic Load:24.75, Inflammation Score:-6, Nutrition Score:20.317391236191%

## Flavonoids

Cyanidin: 1.67mg, Cyanidin: 1.67mg, Cyanidin: 1.67mg, Cyanidin: 1.67mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg 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: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 1343.05kcal (67.15%), Fat: 68.05g (104.69%), Saturated Fat: 21.57g (134.8%), Carbohydrates: 168.82g (56.27%), Net Carbohydrates: 159.55g (58.02%), Sugar: 42.07g (46.75%), Cholesterol: 11.29mg (3.76%), Sodium: 961.86mg (41.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.33g (32.65%), Manganese: 1.39mg (69.35%), Vitamin B1: 0.73mg (48.8%), Folate: 182.75µg (45.69%), Iron: 6.89mg (38.3%), Fiber: 9.27g (37.08%), Vitamin B3: 6.83mg (34.13%), Vitamin B2: 0.48mg (28.15%), Selenium: 16.22µg (23.17%), Phosphorus: 214.95mg (21.5%), Vitamin K: 19.11µg (18.2%), Copper: 0.36mg (17.89%), Magnesium: 56.02mg (14%), Potassium: 456.44mg (13.04%), Vitamin B6: 0.22mg (10.88%), Vitamin B5: 1.08mg (10.75%), Vitamin E: 1.39mg (9.25%), Zinc: 1.36mg (9.08%), Calcium: 73.53mg (7.35%), Vitamin C: 5.63mg (6.82%), Vitamin A: 186.05IU (3.72%)