

Apple Crumb Pie

READY IN



45 min.

SERVINGS



8

CALORIES



455 kcal

DESSERT

Ingredients

- ☐ 0.8 cup all purpose flour
- ☐ 2 tablespoons apple cider
- ☐ 0.3 cup apple sauce
- ☐ 1 tablespoon cornstarch
- ☐ 0.3 cup brown sugar packed ()
- ☐ 3.8 pounds granny smith apples cored peeled sliced (10 medium)
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoons ice water ()
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 0.3 teaspoon salt
- ☐ 5 tablespoons solid vegetable shortening chilled cut into small pieces
- ☐ 0.5 cup sugar
- ☐ 6 tablespoons butter unsalted cut into small pieces ()
- ☐ 0.8 cup walnuts chopped

Equipment

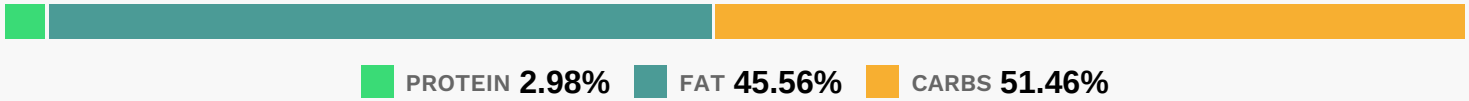
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Mix flour and salt in processor.
- ☐ Add butter and shortening; using on/off turns, cut in until mixture resembles coarse meal.
- ☐ Drizzle 2 tablespoons ice water over. Process until moist clumps form, adding more ice water by teaspoonfuls if dry. Gather dough into ball; flatten into disk. Wrap in plastic. Chill 1 hour.
- ☐ Roll out dough between 2 sheets of plastic wrap to 14-inch round.
- ☐ Transfer dough to 10-inch-diameter glass pie dish. Fold overhang under. Crimp edges decoratively. Pierce bottom of crust all over with fork. Freeze crust 15 minutes. (Can be prepared 1 day ahead. Keep frozen.)
- ☐ Preheat oven to 350°F. Line crust with aluminum foil. Fill with pie weights or dried beans.
- ☐ Bake 15 minutes.
- ☐ Remove weights and foil.
- ☐ Bake until golden and set, about 10 minutes longer. Cool.
- ☐ Toss apples and lemon juice in medium bowl. Melt butter in heavy large skillet over medium-high heat. Stir in sugar and cinnamon.

- ☐ Add apples; sauté until coated with cinnamon butter and crisp-tender, about 5 minutes.
- ☐ Whisk cider and cornstarch in small bowl.
- ☐ Add to apples. Bring to boil, stirring constantly.
- ☐ Transfer apple mixture to large bowl.
- ☐ Mix in applesauce. Cool completely. (Crust and filling can be made 1 day ahead. Cover crust; let stand at room temperature. Cover and chill filling.)
- ☐ Preheat oven to 350°F. Using fingertips, rub all ingredients in bowl until moist clumps form.
- ☐ Place filling in crust.
- ☐ Sprinkle topping over apples.
- ☐ Bake until topping is golden brown, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:30.36, Glycemic Load:23.28, Inflammation Score:-5, Nutrition Score:8.6556521731874%

Flavonoids

Cyanidin: 3.64mg, Cyanidin: 3.64mg, Cyanidin: 3.64mg, Cyanidin: 3.64mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 16.6mg, Epicatechin: 16.6mg, Epicatechin: 16.6mg, Epicatechin: 16.6mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg 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: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 8.71mg, Quercetin: 8.71mg, Quercetin: 8.71mg, Quercetin: 8.71mg

Nutrients (% of daily need)

Calories: 454.98kcal (22.75%), Fat: 24.21g (37.24%), Saturated Fat: 8.15g (50.92%), Carbohydrates: 61.52g (20.51%), Net Carbohydrates: 55.12g (20.04%), Sugar: 42.71g (47.46%), Cholesterol: 22.58mg (7.53%), Sodium: 79.4mg (3.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.13%), Manganese: 0.58mg (29.17%), Fiber: 6.39g (25.57%), Vitamin C: 10.77mg (13.05%), Copper: 0.26mg (12.96%), Vitamin B1: 0.17mg (11.4%), Folate: 39.58µg

(9.89%), Vitamin K: 10.12µg (9.63%), Potassium: 312.81mg (8.94%), Vitamin B2: 0.14mg (8.17%), Vitamin E: 1.22mg (8.14%), Magnesium: 32.12mg (8.03%), Vitamin B6: 0.16mg (7.92%), Phosphorus: 77.88mg (7.79%), Vitamin A: 382.5IU (7.65%), Selenium: 4.84µg (6.91%), Iron: 1.23mg (6.84%), Vitamin B3: 1.03mg (5.17%), Calcium: 37.1mg (3.71%), Zinc: 0.53mg (3.52%), Vitamin B5: 0.33mg (3.27%), Vitamin D: 0.16µg (1.05%)