



## Apple Crumb Pie for a Crowd

READY IN



100 min.

SERVINGS



24

CALORIES



170 kcal

DESSERT

### Ingredients

- 17 ounce apple mix crisp (such as Concord Foods)
- 16 apples cored peeled thinly sliced
- 0.5 cup brown sugar
- 0.5 cup butter
- 1 eggs
- 0.3 cup flour all-purpose
- 0.3 teaspoon salt
- 0.5 cup shortening
- 0.5 cup water

1 tablespoon vinegar white

## Equipment

bowl

sauce pan

oven

plastic wrap

roasting pan

aluminum foil

## Directions

Combine 2 1/2 cups flour and salt in a large bowl.

Cut 1/2 cup butter and shortening into flour until the mixture resembles crumbs.

Mix egg, water, and white vinegar together in a separate bowl; pour in the crumb mixture and blend with a fork to form a dough ball. Wrap dough in plastic wrap and refrigerate until ready to use.

Melt 1/2 cup butter in a saucepan over medium heat. Blend 1/4 cup flour into the melted butter. Stir water and brown sugar into the butter mixture until smooth; remove from heat.

Roll chilled dough into a large rectangle on a flat surface dusted with flour; press into the bottom of an aluminum foil roasting pan and up the sides about an inch or more.

Dump the sliced apples onto the crust and gently spread into an even layer.

Drizzle the butter mixture over the apples.

Pour apple crisp mix into a bowl.

Cut 1/2 cup butter into the mix; scatter over the apples.

Bake in preheated oven until golden brown, about 1 hour.

## Nutrition Facts



PROTEIN 1.73%  FAT 42.67%  CARBS 55.6%

## Properties

Glycemic Index:9.96, Glycemic Load:5.88, Inflammation Score:-3, Nutrition Score:3.0000000161969%

## Flavonoids

Cyanidin: 2.22mg, Cyanidin: 2.22mg, Cyanidin: 2.22mg, Cyanidin: 2.22mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 10.65mg, Epicatechin: 10.65mg, Epicatechin: 10.65mg, Epicatechin: 10.65mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

## Nutrients (% of daily need)

Calories: 170.1kcal (8.5%), Fat: 8.53g (13.13%), Saturated Fat: 3.6g (22.48%), Carbohydrates: 25.02g (8.34%), Net Carbohydrates: 21.59g (7.85%), Sugar: 19.17g (21.3%), Cholesterol: 16.99mg (5.66%), Sodium: 60.39mg (2.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.56%), Fiber: 3.43g (13.72%), Vitamin C: 6.51mg (7.88%), Vitamin K: 5.72µg (5.45%), Potassium: 162.49mg (4.64%), Vitamin E: 0.65mg (4.31%), Vitamin A: 204.45IU (4.09%), Vitamin B6: 0.06mg (3.19%), Vitamin B2: 0.05mg (3.13%), Manganese: 0.06mg (3.11%), Vitamin B1: 0.04mg (2.41%), Copper: 0.04mg (2.22%), Phosphorus: 21.94mg (2.19%), Magnesium: 8.14mg (2.04%), Folate: 7.67µg (1.92%), Iron: 0.3mg (1.66%), Vitamin B5: 0.16mg (1.6%), Selenium: 1.11µg (1.59%), Calcium: 14.89mg (1.49%), Vitamin B3: 0.21mg (1.07%)