



Apple Crumble Pie

 Popular

READY IN



70 min.

SERVINGS



8

CALORIES



323 kcal

DESSERT

Ingredients

- 5 cups apples cored peeled thinly sliced
- 6 tablespoons butter
- 1 9-inch deep dish pie crust ()
- 0.8 cup flour all-purpose
- 0.8 teaspoon ground cinnamon
- 0.3 cup sugar white

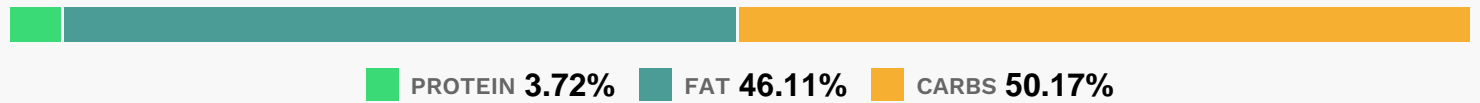
Equipment

- oven

Directions

- Preheat oven to 400 degrees F (200 degrees C.)
- Arrange apple slices in unbaked pie shell.
- Mix 1/2 cup sugar and cinnamon; sprinkle over apples.
- Mix 1/3 cup sugar with flour; cut in butter until crumbly. Spoon mixture over apples.
- Bake in preheated oven until apples are soft and top is lightly browned, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:29.01, Glycemic Load:15.14, Inflammation Score:-4, Nutrition Score:5.254347819349%

Flavonoids

Cyanidin: 1.23mg, Cyanidin: 1.23mg, Cyanidin: 1.23mg, Cyanidin: 1.23mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 5.88mg, Epicatechin: 5.88mg, Epicatechin: 5.88mg, Epicatechin: 5.88mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 323.32kcal (16.17%), Fat: 16.91g (26.02%), Saturated Fat: 7.73g (48.34%), Carbohydrates: 41.4g (13.8%), Net Carbohydrates: 38.71g (14.08%), Sugar: 16.48g (18.32%), Cholesterol: 22.58mg (7.53%), Sodium: 168.36mg (7.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.14%), Manganese: 0.27mg (13.74%), Folate: 45.87µg (11.47%), Vitamin B1: 0.17mg (11.33%), Fiber: 2.69g (10.75%), Selenium: 5.4µg (7.72%), Vitamin B3: 1.48mg (7.38%), Vitamin B2: 0.12mg (7.28%), Iron: 1.3mg (7.21%), Vitamin K: 6.78µg (6.46%), Vitamin A: 305.14IU (6.1%), Vitamin E: 0.75mg (4.97%), Vitamin C: 3.6mg (4.36%), Phosphorus: 43.1mg (4.31%), Potassium: 125.34mg (3.58%), Copper: 0.06mg (3.08%), Magnesium: 11.04mg (2.76%), Vitamin B6: 0.05mg (2.55%), Vitamin B5: 0.21mg (2.13%), Zinc: 0.26mg (1.71%), Calcium: 16.58mg (1.66%)