



Apple & ginger pie with walnut pastry

 Vegetarian

READY IN



95 min.

SERVINGS



8

CALORIES



433 kcal

DESSERT

Ingredients

- ☐ 175 g flour plain for dusting plus a little extra
- ☐ 100 g butter cold cubed
- ☐ 50 g brown sugar
- ☐ 25 g walnuts
- ☐ 0.5 lemon zest
- ☐ 1 large egg yolk beaten
- ☐ 5 bramley apples diced cored peeled
- ☐ 5 apples i use 2 granny smith apples diced cored peeled

- ☐ 100 g brown sugar
- ☐ 100 g ginger chopped
- ☐ 1 tbsp flour plain
- ☐ 50 ml calvados
- ☐ 50 g golden raisins

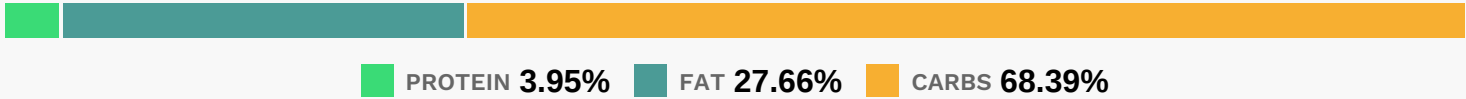
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pie form

Directions

- ☐ For the pastry, put the flour and butter in a bowl, and use your fingertips to rub together until they resemble breadcrumbs.
- ☐ Add the sugar, ground walnuts, lemon zest and a pinch of salt, and mix together.
- ☐ Add the egg yolk, then work into the pastry to combine, until you have a smooth dough. Wrap in cling film and chill for at least 1 hr.
- ☐ For the filling, soften the apples, sugar and ginger in a pan for about 5 mins, then stir in the flour but dont cook all the way through as it will continue to cook in the oven.
- ☐ Add the Calvados and sultanas, then leave to cool.
- ☐ Heat oven to 190C/170C fan/gas
- ☐ Fill a large (23cm) pie dish thats about 5cm deep with the apple mixture and brush a little beaten egg around the edges. On a lightly floured surface, roll out the pastry to fit the top of the pie.
- ☐ Put the lid on top and trim any excess; trimmings can be used to decorate the top. Use your fingers to pinch and crimp the pastry all the way around the edge and use the egg to glaze the top.
- ☐ Cut 3 little slits to let the steam out.
- ☐ Bake for 40–45 mins until pastry is crisp and golden.

Nutrition Facts



Properties

Glycemic Index:46.33, Glycemic Load:23.91, Inflammation Score:-6, Nutrition Score:9.4934782256251%

Flavonoids

Cyanidin: 3.66mg, Cyanidin: 3.66mg, Cyanidin: 3.66mg, Cyanidin: 3.66mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 17.13mg, Epicatechin: 17.13mg, Epicatechin: 17.13mg, Epicatechin: 17.13mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 9.27mg, Quercetin: 9.27mg, Quercetin: 9.27mg, Quercetin: 9.27mg

Nutrients (% of daily need)

Calories: 433.19kcal (21.66%), Fat: 13.47g (20.73%), Saturated Fat: 6.95g (43.46%), Carbohydrates: 74.96g (24.99%), Net Carbohydrates: 68.14g (24.78%), Sugar: 45.94g (51.04%), Cholesterol: 49.83mg (16.61%), Sodium: 91.9mg (4%), Alcohol: 2.12g (100%), Alcohol %: 0.86% (100%), Protein: 4.33g (8.67%), Fiber: 6.83g (27.3%), Manganese: 0.4mg (20.2%), Vitamin B1: 0.24mg (15.8%), Vitamin C: 11.81mg (14.32%), Folate: 56.91µg (14.23%), Selenium: 9.56µg (13.66%), Vitamin B2: 0.21mg (12.28%), Potassium: 411.1mg (11.75%), Copper: 0.21mg (10.35%), Iron: 1.81mg (10.05%), Vitamin A: 466.68IU (9.33%), Vitamin B3: 1.78mg (8.91%), Vitamin B6: 0.18mg (8.82%), Phosphorus: 84.25mg (8.42%), Magnesium: 30.99mg (7.75%), Vitamin K: 6.28µg (5.98%), Vitamin E: 0.83mg (5.54%), Calcium: 47.25mg (4.73%), Vitamin B5: 0.39mg (3.94%), Zinc: 0.48mg (3.19%), Vitamin B12: 0.06µg (1.04%)