

Apple-Orange Pie

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



347 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 1 large eggs lightly beaten
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground ginger
- ☐ 0.3 cup honey
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 thin-skinned oranges

- ☐ 6 medium golden delicious apples cored peeled sliced
- ☐ 15 ounce pie dough refrigerated such as Pillsbury
- ☐ 1 Dash salt
- ☐ 1 cup water

Equipment

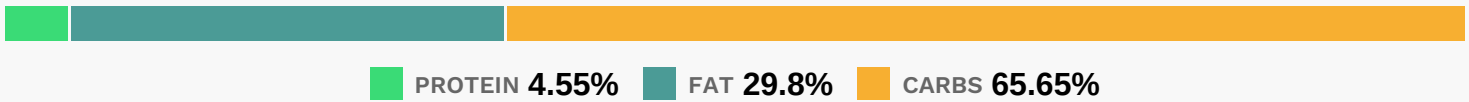
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ slotted spoon
- ☐ peeler

Directions

- ☐ Carefully remove rind from oranges using a vegetable peeler, making sure to avoid white pithy part of rind (reserve oranges for another use).
- ☐ Cut rinds into 1 x 1/8-inch-wide strips.
- ☐ Combine water, honey, and lemon juice in a small saucepan; bring to a boil over medium-high heat.
- ☐ Add orange rind; cover, reduce heat, and simmer 30 minutes or until rind is very soft.
- ☐ Remove rind from pan with a slotted spoon; discard cooking liquid.
- ☐ Preheat oven to 35
- ☐ Combine brown sugar, flour, cinnamon, ginger, and salt in a large bowl.
- ☐ Add apples; toss well to coat. Fit 1 portion of dough into a 9-inch deep-dish pie plate coated with cooking spray, allowing dough to extend over edge of plate. Spoon half of apple mixture into crust; arrange orange rind mixture over top. Spoon remaining apple mixture over top.

- ☐
- Place remaining dough on apple mixture. Press edges of dough together. Fold edges under; flute.
- ☐
- Cut 3 (1-inch) slits in top of pastry using a sharp knife.
- ☐
- Brush the top and edges with the beaten egg.
- ☐
- Place pie on a baking sheet; bake at 350 degrees for 1 hour or until golden. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:20.68, Glycemic Load:9.91, Inflammation Score:-4, Nutrition Score:7.018695704315%

Flavonoids

Cyanidin: 1.71mg, Cyanidin: 1.71mg, Cyanidin: 1.71mg, Cyanidin: 1.71mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 8.22mg, Epicatechin: 8.22mg, Epicatechin: 8.22mg, Epicatechin: 8.22mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 7.36mg, Hesperetin: 7.36mg, Hesperetin: 7.36mg, Hesperetin: 7.36mg Naringenin: 4.03mg, Naringenin: 4.03mg, Naringenin: 4.03mg, Naringenin: 4.03mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg

Nutrients (% of daily need)

Calories: 346.88kcal (17.34%), Fat: 11.81g (18.16%), Saturated Fat: 3.67g (22.91%), Carbohydrates: 58.53g (19.51%), Net Carbohydrates: 54.1g (19.67%), Sugar: 31.5g (35%), Cholesterol: 18.6mg (6.2%), Sodium: 190.67mg (8.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Vitamin C: 19.59mg (23.74%), Fiber: 4.43g (17.7%), Manganese: 0.28mg (14.03%), Folate: 47.96µg (11.99%), Vitamin B1: 0.18mg (11.89%), Iron: 1.58mg (8.77%), Vitamin B2: 0.15mg (8.74%), Vitamin B3: 1.48mg (7.42%), Selenium: 5.07µg (7.24%), Potassium: 235.95mg (6.74%), Phosphorus: 59.6mg (5.96%), Vitamin K: 5.54µg (5.28%), Vitamin B6: 0.1mg (4.94%), Copper: 0.09mg (4.63%), Magnesium: 17.12mg (4.28%), Vitamin B5: 0.41mg (4.13%), Calcium: 39.22mg (3.92%), Vitamin E: 0.5mg (3.31%), Vitamin A: 145.59IU (2.91%), Zinc: 0.36mg (2.4%)