



Apple-Pear Praline Pie

READY IN



220 min.

SERVINGS



8

CALORIES



858 kcal

DESSERT

Ingredients

- 1 cup brown sugar packed
- 0.5 cup butter
- 1 tablespoon flour all-purpose gold medal®
- 6 cups apples i use 2 granny smith apples peeled thinly sliced
- 0.8 cup granulated sugar
- 2 teaspoons ground cinnamon
- 0.3 cup half and half
- 3 cups pears peeled thinly sliced
- 1 cup pecans chopped

- 1 box pie crust dough refrigerated softened pillsbury®
- 0.3 teaspoon salt
- 8 oz toffee chips ()

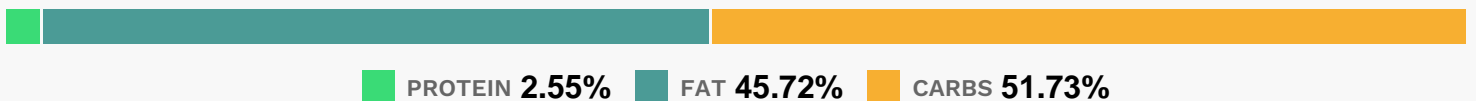
Equipment

- bowl
- sauce pan
- oven
- wire rack

Directions

- Heat oven to 350°F. In large bowl, gently toss apples, pears, granulated sugar, 1/4 cup flour, the cinnamon and salt.
- Let stand 15 minutes.
- Place 1 pie crust in ungreased 9 1/2- inch glass deep-dish pie plate; sprinkle lightly with 1 tablespoon flour. Spoon apple mixture into crust-lined plate; dot with 2 tablespoons butter.
- Sprinkle with 1/2 cup of the toffee bits. Top with second pie crust; seal and flute edges.
- Cut slits in several places in top crust to allow steam to escape.
- Bake 50 to 55 minutes or until crust is golden brown.
- In 1-quart saucepan, melt 1/2 cup butter over low heat. Stir in brown sugar and half-and-half.
- Heat to boiling, stirring constantly.
- Remove from heat; stir in pecans.
- Spread sauce over top of hot pie; sprinkle with remaining toffee bits. Cool on cooling rack 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:34.98, Glycemic Load:29.13, Inflammation Score:-7, Nutrition Score:11.572173802749%

Flavonoids

Cyanidin: 4.18mg, Cyanidin: 4.18mg, Cyanidin: 4.18mg, Cyanidin: 4.18mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 1.37mg, Epigallocatechin: 1.37mg, Epigallocatechin: 1.37mg, Epigallocatechin: 1.37mg Epicatechin: 9.44mg, Epicatechin: 9.44mg, Epicatechin: 9.44mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg

Nutrients (% of daily need)

Calories: 857.82kcal (42.89%), Fat: 44.74g (68.83%), Saturated Fat: 13.7g (85.6%), Carbohydrates: 113.89g (37.96%), Net Carbohydrates: 106.92g (38.88%), Sugar: 79.88g (88.76%), Cholesterol: 32.13mg (10.71%), Sodium: 463.34mg (20.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.22%), Manganese: 1.01mg (50.44%), Fiber: 6.97g (27.88%), Vitamin A: 936.17IU (18.72%), Vitamin B1: 0.26mg (17.6%), Copper: 0.29mg (14.73%), Iron: 2.17mg (12.05%), Folate: 47.99µg (12%), Phosphorus: 113.25mg (11.33%), Vitamin B2: 0.19mg (11.2%), Potassium: 345.23mg (9.86%), Magnesium: 38.2mg (9.55%), Vitamin K: 9.9µg (9.43%), Vitamin E: 1.4mg (9.33%), Vitamin B3: 1.8mg (9.02%), Vitamin C: 7.23mg (8.76%), Calcium: 80.29mg (8.03%), Zinc: 1.03mg (6.86%), Selenium: 4.67µg (6.68%), Vitamin B6: 0.13mg (6.48%), Vitamin B5: 0.52mg (5.21%)