



Apple Pie

 Dairy Free

READY IN



80 min.

SERVINGS



10

CALORIES



390 kcal

DESSERT

Ingredients

- 5 northern spy apples
- 1 teaspoon cinnamon
- 1 eggs
- 2 cups flour all-purpose
- 2 tablespoons flour all-purpose
- 0.8 teaspoon salt
- 0.8 cup sugar fine
- 1 cup vegetable shortening room temperature

- 2 tablespoons water cold
- 1 tablespoon vinegar white

Equipment

- oven
- knife
- mixing bowl
- rolling pin

Directions

- Watch how to make this recipe.
- Combine the flour and salt in mixing bowl.
- Cut room temperature shortening into flour until mixture is uniform and shortening resembles large peas. Beat egg, water, and vinegar together to blend.
- Pour all of the liquid evenly over flour mixture. Stir in with fork until all of the mixture is moistened. Divide dough in half and shape each into a ball. Flatten each into a 4-inch circle. Wrap and chill dough for 15 minutes for easier rolling.
- Dust rolling pin and work surface lightly with flour.
- Roll dough to a uniform thickness.
- Roll to a circle about 1-inch larger than upside down 8-inch pie plate. Carefully place one dough circle into pie plate and gently press into form of plate. Trim excess dough around the edge with the back of a knife.
- Preheat oven to 400 degrees F.
- Peel, core, and slice apples.
- Mix apple slices with sugar, flour, and cinnamon.
- Place apple mixture in pie shell.
- Place second pie crust on top and form to the edges of the pie plate.
- Cut slits in the top crust to allow for steam to release in oven.
- Bake for approximately 30 to 40 minutes, until pie is fully baked and apples are tender.

Nutrition Facts

PROTEIN 3.55% FAT 48.32% CARBS 48.13%

Properties

Glycemic Index:30.71, Glycemic Load:28.42, Inflammation Score:-3, Nutrition Score:6.511739111465%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 389.82kcal (19.49%), Fat: 21.38g (32.9%), Saturated Fat: 5.33g (33.31%), Carbohydrates: 47.91g (15.97%), Net Carbohydrates: 44.91g (16.33%), Sugar: 24.53g (27.25%), Cholesterol: 16.37mg (5.46%), Sodium: 183.27mg (7.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.07%), Vitamin B1: 0.23mg (15.29%), Selenium: 10.44µg (14.91%), Folate: 53.31µg (13.33%), Manganese: 0.25mg (12.53%), Vitamin K: 13.06µg (12.44%), Fiber: 3.01g (12.02%), Vitamin B2: 0.18mg (10.45%), Vitamin E: 1.49mg (9.91%), Vitamin B3: 1.65mg (8.27%), Iron: 1.46mg (8.09%), Vitamin C: 4.19mg (5.08%), Phosphorus: 47.53mg (4.75%), Potassium: 133.03mg (3.8%), Vitamin B5: 0.38mg (3.79%), Copper: 0.07mg (3.42%), Vitamin B6: 0.06mg (2.85%), Magnesium: 11.08mg (2.77%), Zinc: 0.28mg (1.9%), Vitamin A: 73.49IU (1.47%), Calcium: 14.55mg (1.46%)