



Apple Pie

READY IN



105 min.

SERVINGS



8

CALORIES



419 kcal

DESSERT

Ingredients

- ☐ 2 pounds apples such as golden delicious, granny smith or pipen
- ☐ 1 stick butter cut into pats at room temperature
- ☐ 1 tablespoon butter
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground nutmeg
- ☐ 1 tart crust homemade store-bought
- ☐ 3 tablespoons butter salted melted

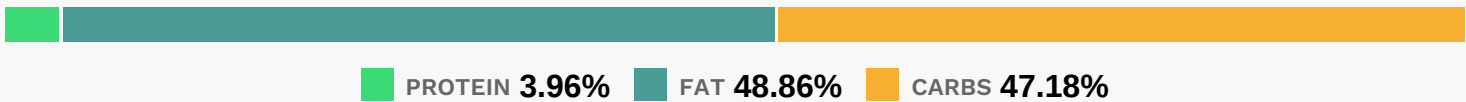
Equipment

- ☐ bowl
- ☐ oven
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ For the crust: Mold the tart crust into a 9-inch pie pan, cover with tin foil and then cover the foil with uncooked beans.
- ☐ Bake until the crust begins to brown, about 20 minutes. Once the crust is browned, remove from the oven and allow to cool.
- ☐ Remove the beans and foil, then spread the butter on the interior of the crust.
- ☐ For the filling: Peel, core and slice the apples. Arrange the slices in a ring pattern, starting on the outer edge and going into the center (the apples should be arranged to allow for even cooking).
- ☐ In a bowl, blend the sugar, melted butter, cinnamon and nutmeg and then pour over the arranged apples.
- ☐ For the topping: In a separate bowl, blend by hand the flour, sugar and butter. This should be a crumbly looking mixture.
- ☐ Bake the tart until the apples have softened, 30 to 35 minutes.
- ☐ Remove from the oven and dollop with the sweet butter topping, then return to the oven until the topping has crusted, about 15 minutes.
- ☐ Remove from the oven and allow to rest 10 to 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:50.26, Glycemic Load:21.5, Inflammation Score:-5, Nutrition Score:7.4260869907296%

Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

Nutrients (% of daily need)

Calories: 418.85kcal (20.94%), Fat: 23.21g (35.71%), Saturated Fat: 12.73g (79.54%), Carbohydrates: 50.43g (16.81%), Net Carbohydrates: 46.36g (16.86%), Sugar: 18.18g (20.2%), Cholesterol: 45.42mg (15.14%), Sodium: 224.48mg (9.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.46%), Vitamin B1: 0.26mg (17.58%), Manganese: 0.34mg (17.23%), Fiber: 4.07g (16.28%), Folate: 62.01µg (15.5%), Selenium: 9.42µg (13.45%), Vitamin A: 590.35IU (11.81%), Vitamin B2: 0.19mg (11.18%), Vitamin B3: 2.08mg (10.38%), Iron: 1.81mg (10.07%), Vitamin C: 5.23mg (6.34%), Phosphorus: 58.85mg (5.88%), Vitamin E: 0.81mg (5.41%), Vitamin K: 5.67µg (5.4%), Potassium: 174.17mg (4.98%), Copper: 0.08mg (4.21%), Magnesium: 15.04mg (3.76%), Vitamin B6: 0.07mg (3.44%), Vitamin B5: 0.28mg (2.82%), Calcium: 22.45mg (2.25%), Zinc: 0.33mg (2.23%)