



Apple Pie

READY IN



195 min.

SERVINGS



8

CALORIES



575 kcal

DESSERT

Ingredients

- ☐ 3 pounds apples mixed (such as Golden Delicious, McIntosh and Pink Lady)
- ☐ 2 large eggs
- ☐ 1 tablespoon flour all-purpose
- ☐ 2.5 cups flour for dusting all-purpose plus more
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 pinch ground cloves
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 pinch nutmeg freshly grated
- ☐ 1 teaspoon salt

- ☐ 0.3 cup sugar plus more for sprinkling
- ☐ 0.7 cup sugar
- ☐ 1 stick butter unsalted cold cut into 1/2-inch pieces
- ☐ 6 tablespoons butter unsalted
- ☐ 0.3 cup vegetable shortening

Equipment

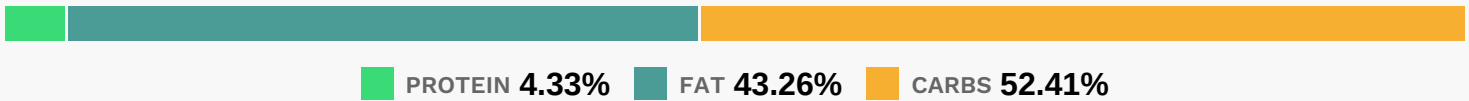
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ aluminum foil

Directions

- ☐ Prepare the filling: Peel, halve and core the apples.
- ☐ Cut each half into 6 wedges and toss with the sugar and lemon juice in a bowl. Melt 4 tablespoons butter in a large skillet over medium-high heat.
- ☐ Add the apple mixture and cook, stirring occasionally, until the firmer apples begin to soften but still hold their shape, 8 to 9 minutes.
- ☐ Sprinkle with the flour, cinnamon, cloves and nutmeg and toss until the juices begin to thicken, about 1 minute.
- ☐ Remove from the heat and cool completely. (The filling can be made up to 2 days ahead; cover and refrigerate.)
- ☐ Make the dough: Pulse the flour, sugar and salt in a food processor until combined.
- ☐ Add the shortening and pulse until it disappears, about 30 seconds.

- ☐ Add the butter and pulse until the mixture looks like coarse meal with pea-size bits of butter. Beat 1 egg with 1/4 cup ice water in a bowl, then add to the processor and pulse once or twice. (Stop before the dough gathers into a ball.)
- ☐ Lay out 2 sheets of plastic wrap; divide the dough between the sheets and pat each into a disk. Wrap the disks tightly and refrigerate until firm, at least 1 hour.
- ☐ Roll 1 disk of dough into a 12-inch round on a floured surface (or between 2 pieces of floured parchment paper). Ease into a 9 1/2-inch deep-dish glass pie plate.
- ☐ Add the filling, mounding it slightly, and dot with the remaining 2 tablespoons butter. Chill the pie while you roll the remaining dough into a 12-inch round.
- ☐ Lay the dough over the filling and press the 2 crusts together around the edges. Fold the overhanging dough under itself and crimp with your fingers. Beat the remaining egg in a bowl and brush over the top crust; sprinkle with sugar. Pierce the top with a knife a few times to let steam escape. Chill 30 minutes.
- ☐ Preheat the oven to 375 degrees F.
- ☐ Place the pie on a baking sheet; bake until the crust is golden and the filling is bubbly, 55 to 60 minutes. (Cover the edges with foil if they brown too quickly.)
- ☐ Transfer to a rack and cool until set, 2 hours.
- ☐ Photographs by Con Poulos

Nutrition Facts



Properties

Glycemic Index:49.65, Glycemic Load:44.31, Inflammation Score:-6, Nutrition Score:10.913478281187%

Flavonoids

Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 12.81mg, Epicatechin: 12.81mg, Epicatechin: 12.81mg, Epicatechin: 12.81mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg,

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg

Nutrients (% of daily need)

Calories: 575.17kcal (28.76%), Fat: 28.38g (43.66%), Saturated Fat: 14.79g (92.42%), Carbohydrates: 77.36g (25.79%), Net Carbohydrates: 72.09g (26.21%), Sugar: 40.86g (45.4%), Cholesterol: 99.44mg (33.15%), Sodium: 314.23mg (13.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.38g (12.77%), Selenium: 17.79µg (25.42%), Vitamin B1: 0.35mg (23.45%), Folate: 85.77µg (21.44%), Fiber: 5.27g (21.08%), Manganese: 0.37mg (18.6%), Vitamin B2: 0.31mg (18.38%), Vitamin A: 775.47IU (15.51%), Iron: 2.32mg (12.89%), Vitamin B3: 2.54mg (12.72%), Vitamin C: 9.28mg (11.25%), Vitamin E: 1.44mg (9.57%), Phosphorus: 93.23mg (9.32%), Vitamin K: 9.09µg (8.66%), Potassium: 253.45mg (7.24%), Copper: 0.12mg (6.03%), Vitamin B6: 0.11mg (5.58%), Vitamin B5: 0.55mg (5.47%), Magnesium: 19.87mg (4.97%), Vitamin D: 0.62µg (4.13%), Zinc: 0.54mg (3.61%), Calcium: 31.38mg (3.14%), Vitamin B12: 0.15µg (2.55%)