

Apple Pie by Grandma Ople



Vegetarian



Popular

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READY IN

ready

90 min.

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SERVINGS

servings

8

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CALORIES

calories

307 kcal

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DESSERT

Ingredients



0.5 cup brown sugar packed



3 tablespoons flour all-purpose



8 granny smith apples cored peeled sliced



0.5 cup butter unsalted



0.3 cup water



0.5 cup sugar white

Equipment



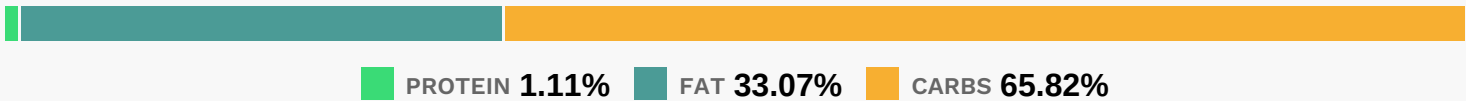
frying pan

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Melt butter in a sauce pan. Stir in flour to form a paste.
- ☐ Add white sugar, brown sugar and water; bring to a boil. Reduce temperature, and simmer 5 minutes.
- ☐ Meanwhile, place the bottom crust in your pan. Fill with apples, mounded slightly. Cover with a lattice work crust. Gently pour the sugar and butter liquid over the crust.
- ☐ Pour slowly so that it does not run off.
- ☐ Bake 15 minutes at 425 degrees F (220 degrees C). Reduce the temperature to 350 degrees F (175 degrees C), and continue baking for 35 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:22.14, Glycemic Load:16.92, Inflammation Score:-4, Nutrition Score:4.0552174125029%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 306.98kcal (15.35%), Fat: 11.88g (18.28%), Saturated Fat: 7.34g (45.89%), Carbohydrates: 53.21g (17.74%), Net Carbohydrates: 48.77g (17.73%), Sugar: 44.76g (49.73%), Cholesterol: 30.5mg (10.17%), Sodium: 7.78mg (0.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Fiber: 4.44g (17.78%), Vitamin C: 8.37mg (10.15%), Vitamin A: 452.83IU (9.06%), Potassium: 219.69mg (6.28%), Vitamin K: 5.01µg (4.77%), Manganese: 0.09mg (4.64%), Vitamin E: 0.66mg (4.39%), Vitamin B6: 0.08mg (4.1%), Vitamin B2: 0.07mg (4.02%), Vitamin B1:

0.05mg (3.58%), Copper: 0.06mg (3.2%), Magnesium: 11.31mg (2.83%), Folate: 11.17µg (2.79%), Phosphorus: 27.01mg (2.7%), Calcium: 26.51mg (2.65%), Iron: 0.46mg (2.53%), Selenium: 1.34µg (1.91%), Vitamin B3: 0.35mg (1.76%), Vitamin B5: 0.16mg (1.57%), Vitamin D: 0.21µg (1.42%)