



Apple Pie I

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



10

CALORIES



107 kcal

DESSERT

Ingredients

- 6 cups apples thinly sliced
- 1 tablespoon butter
- 1 teaspoon ground cinnamon
- 0.8 cup sugar white

Equipment

- oven

Directions

- Prepare your pastry for a two crust pie. Wipe, quarter, core, peel, and slice apples; measure to 6 cups.
- Combine sugar and cinnamon. The amount of sugar used depends on how tart your apples are.
- Arrange apples in layers in pastry lined pie plate.
- Sprinkle each layer with sugar and cinnamon. Dot top layer with small pieces of butter or margarine. Cover with top crust.
- Place on lowest rack in oven preheated to 450 degrees F (230 degrees C).
- Bake for 10 minutes, then reduce oven temperature to 350 degrees F (175 degrees C).
- Bake for 30 to 35 minutes longer.
- Serve warm or cold.

Nutrition Facts

 **PROTEIN 0.75%**  **FAT 10.32%**  **CARBS 88.93%**

Properties

Glycemic Index:15.71, Glycemic Load:13.21, Inflammation Score:-1, Nutrition Score:1.3713043367733%

Flavonoids

Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 5.65mg, Epicatechin: 5.65mg, Epicatechin: 5.65mg, Epicatechin: 5.65mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 107.28kcal (5.36%), Fat: 1.31g (2.02%), Saturated Fat: 0.74g (4.63%), Carbohydrates: 25.45g (8.48%), Net Carbohydrates: 23.55g (8.56%), Sugar: 22.78g (25.31%), Cholesterol: 3.01mg (1%), Sodium: 9.92mg (0.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.43%), Fiber: 1.91g (7.62%), Vitamin C: 3.46mg (4.19%),

Manganese: 0.06mg (3.09%), Potassium: 81.75mg (2.34%), Vitamin K: 1.81µg (1.72%), Vitamin B6: 0.03mg (1.56%),
Vitamin A: 76.08IU (1.52%), Vitamin B2: 0.02mg (1.35%), Vitamin E: 0.17mg (1.15%), Copper: 0.02mg (1.1%)