



Apple Pie III

READY IN



90 min.

SERVINGS



8

CALORIES



378 kcal

DESSERT

Ingredients

- ☐ 3 transparent apples cored peeled sliced
- ☐ 3 tablespoons butter
- ☐ 2 cups flour all-purpose
- ☐ 3 granny smith apples cored peeled sliced
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 tablespoon half-and-half
- ☐ 1 teaspoon salt
- ☐ 0.7 cup shortening
- ☐ 0.3 cup water cold

☐ 1 teaspoon sugar white

Equipment

☐ bowl

☐ frying pan

☐ oven

☐ pastry brush

☐ pie form

Directions

☐ Place apple slices into a large bowl. In a small bowl, mix together 1/4 cup flour, 1/3 cup sugar, and cinnamon, and then sprinkle over apples. Cover, and let sit overnight in refrigerator.

☐ When you are ready to make the pie, begin by making the pastry. In a large bowl, mix together 2 cups flour and salt.

☐ Cut in the shortening and 2 tablespoons butter until the mixture is the consistency of cornmeal. Make a well in the center of the mixture, and add cold water. Stir together to form a ball.

☐ Let rest 20 minutes.

☐ Roll out dough, and place in pie pan.

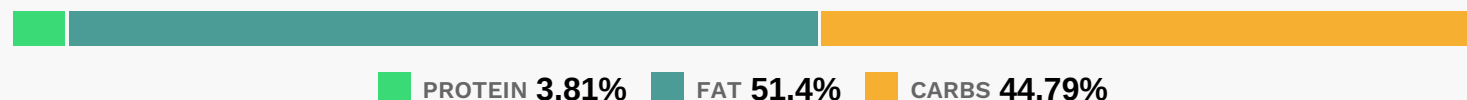
☐ Spread apple mixture into the pastry lined pan, and dot with 1 tablespoon butter. Cover with top crust, and seal the edges.

☐ Cut a few slits in the top to allow steam to escape. Using a pastry brush, lightly brush half-and-half over the top crust.

☐ Sprinkle with 1 teaspoon sugar.

☐ Bake in a preheated 400 degrees F (205 degrees C) for 10 minutes. Turn oven to 350 degrees F (175 degrees C). Continue cooking for 30 to 40 minutes, or until crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:33.01, Glycemic Load:22.58, Inflammation Score:-4, Nutrition Score:7.4795652608509%

Flavonoids

Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 377.92kcal (18.9%), Fat: 22.1g (34%), Saturated Fat: 7.19g (44.93%), Carbohydrates: 43.32g (14.44%), Net Carbohydrates: 39.16g (14.24%), Sugar: 14.86g (16.51%), Cholesterol: 11.94mg (3.98%), Sodium: 328.64mg (14.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.38%), Vitamin B1: 0.27mg (18.18%), Fiber: 4.15g (16.61%), Folate: 61.5µg (15.38%), Selenium: 10.71µg (15.3%), Manganese: 0.27mg (13.63%), Vitamin K: 12.6µg (12%), Vitamin B2: 0.2mg (11.49%), Vitamin B3: 1.97mg (9.87%), Vitamin E: 1.44mg (9.6%), Iron: 1.64mg (9.09%), Vitamin C: 6.3mg (7.63%), Potassium: 183.57mg (5.24%), Phosphorus: 51.85mg (5.18%), Vitamin A: 211.73IU (4.23%), Copper: 0.08mg (4.18%), Vitamin B6: 0.07mg (3.55%), Magnesium: 14.11mg (3.53%), Vitamin B5: 0.35mg (3.48%), Zinc: 0.29mg (1.92%), Calcium: 17.35mg (1.73%)