



Apple Pie with Cheddar Crust

READY IN



45 min.

SERVINGS



8

CALORIES



414 kcal

DESSERT

Ingredients

- ☐ 2.5 cups all purpose flour
- ☐ 2 tablespoons butter unsalted diced chilled ()
- ☐ 1.5 tablespoons cornstarch
- ☐ 5 tablespoons ice water ()
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 36 ounce golden delicious apples cored peeled thinly sliced
- ☐ 1 pinch salt
- ☐ 1 cup coarsely sharp cheddar cheese packed grated (firmly)
- ☐ 0.3 cup sugar

- ☐ 6 tablespoons vegetable shortening chilled pure cut into 1/2-inch cubes

Equipment

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

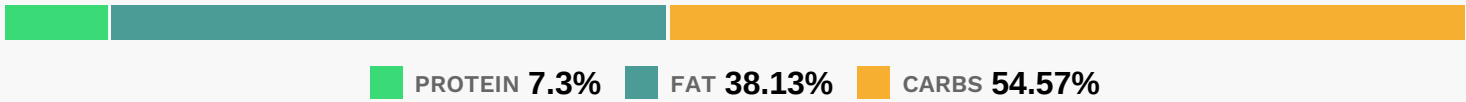
Directions

- ☐ Place flour, sugar, and salt in processor; blend 5 seconds.
- ☐ Add butter and shortening. Using on/off turns, blend until mixture resembles fine meal.
- ☐ Add cheese; mix in using 4 on/off turns.
- ☐ Transfer dry ingredients to large bowl.
- ☐ Sprinkle 5 tablespoons water over. Using fork, toss until moist clumps form, adding more water by tablespoonfuls if mixture is dry. Gather dough into ball; divide in half. Shape each half into disk. Wrap in plastic and chill at least 1 hour and up to 1 day.
- ☐ Preheat oven to 400°F.
- ☐ Mix sugar and cornstarch in large bowl.
- ☐ Mix in apples, lemon juice, and salt.
- ☐ Roll out 1 dough disk on lightly floured surface to 13-inch round.
- ☐ Transfer dough to 9-inch-diameter deep-dish glass pie dish; brush overhang with water.
- ☐ Transfer filling to dough-lined dish; dot with butter.
- ☐ Roll out second dough disk on lightly floured surface to 12-inch round.
- ☐ Place dough atop filling. Press overhang of bottom and top dough pieces together to seal. Trim overhang to 1/2 inch. Fold overhang under; crimp decoratively, forming high-standing rim.
- ☐ Cut several small slits in top crust to allow steam to escape.
- ☐ Bake pie until golden brown, about 30 minutes. Cover crust edge with foil. Reduce oven temperature to 375°F.
- ☐ Bake pie until filling bubbles thickly in center, about 30 minutes. Cool pie on rack 1 hour.

☐

Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:25.51, Glycemic Load:32.13, Inflammation Score:-5, Nutrition Score:9.7586955998255%

Flavonoids

Cyanidin: 2mg, Cyanidin: 2mg, Cyanidin: 2mg, Cyanidin: 2mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 9.61mg, Epicatechin: 9.61mg, Epicatechin: 9.61mg, Epicatechin: 9.61mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg

Nutrients (% of daily need)

Calories: 414.33kcal (20.72%), Fat: 17.87g (27.5%), Saturated Fat: 7.01g (43.79%), Carbohydrates: 57.56g (19.19%), Net Carbohydrates: 53.42g (19.43%), Sugar: 21.79g (24.21%), Cholesterol: 21.65mg (7.22%), Sodium: 100.75mg (4.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.7g (15.4%), Selenium: 17.37µg (24.81%), Vitamin B1: 0.34mg (22.33%), Folate: 78.76µg (19.69%), Vitamin B2: 0.29mg (17.15%), Fiber: 4.14g (16.54%), Manganese: 0.31mg (15.7%), Phosphorus: 122.1mg (12.21%), Vitamin B3: 2.43mg (12.16%), Calcium: 114.82mg (11.48%), Iron: 2.01mg (11.16%), Vitamin K: 8.61µg (8.2%), Vitamin C: 6.59mg (7.99%), Vitamin E: 1.03mg (6.88%), Vitamin A: 298IU (5.96%), Zinc: 0.85mg (5.66%), Potassium: 192.16mg (5.49%), Copper: 0.1mg (4.95%), Magnesium: 19.11mg (4.78%), Vitamin B6: 0.08mg (4.02%), Vitamin B5: 0.38mg (3.79%), Vitamin B12: 0.16µg (2.59%)