



Apple Pie with Cheddar Crust

READY IN



300 min.

SERVINGS



6

CALORIES



504 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons flour all-purpose
- ☐ 1.5 pound gala apples (3 medium)
- ☐ 1.5 pound granny smith apples (3 medium)
- ☐ 6 tablespoon ice water
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon milk
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 1 tablespoon butter unsalted cold

- ☐ 0.3 cup vegetable shortening cold cut into 1/2-inch pieces (trans-fat-free)
- ☐ 2.5 cups cheddar white extra-sharp grated (preferably)

Equipment

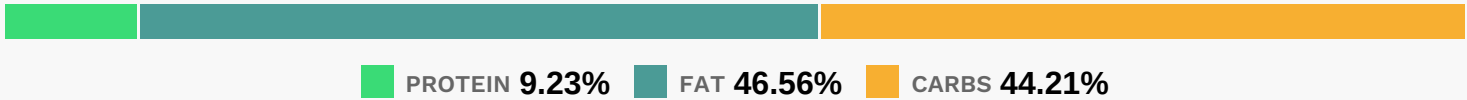
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ rolling pin

Directions

- ☐ Stir together flour, salt, and cheese in a large bowl (or pulse in a food processor).
- ☐ Add butter and shortening and blend with your fingertips or a pastry blender (or pulse) just until mixture resembles coarse meal with some roughly pea-size butter lumps.
- ☐ Drizzle 6 tablespoon ice water evenly over mixture and gently stir with a fork (or pulse) until incorporated.
- ☐ Squeeze a small handful: If dough doesn't hold together, add more ice water, 1 tablespoon at a time, stirring (or pulsing) until incorporated. Do not overwork dough or pastry will be tough.
- ☐ Turn out dough onto a work surface and divide in half, then form each half into a 5-inch disk. Chill, wrapped in plastic wrap, until firm, at least 1 hour.
- ☐ Put a foil-lined large baking sheet in middle of oven and preheat oven to 450°F.
- ☐ Peel and core apples, then slice 1/4 inch thick. Toss apples with sugar, flour, lemon juice, and salt until evenly coated.
- ☐ Roll out 1 piece of dough (keep remaining disk chilled) on a lightly floured surface with a lightly floured rolling pin into a 13-inch round. Fit into a 9-inch pie plate.
- ☐ Roll out remaining piece of dough into an 11-inch round.

- ☐
- Transfer filling to shell. Dot with butter, then cover with pastry round. Trim edges, leaving a1/2-inch overhang.Press edges together to seal, then fold under. Lightly brush top crust withmilk, then cut 5 (1-inch-long) vents.
- ☐
- Bake on hot baking sheet 20 minutes. Reduce oven to 375°F and bake until crust is golden-brown and filling is bubbling, about 40 minutes more. Cool to warm or room temperature, 2 to 3 hours.
- ☐
- Dough can be chilled up to 2 days or frozen up to 3 months.

Nutrition Facts



Properties

Glycemic Index:45.68, Glycemic Load:26.21, Inflammation Score:-6, Nutrition Score:10.545217285986%

Flavonoids

Cyanidin: 3.56mg, Cyanidin: 3.56mg, Cyanidin: 3.56mg, Cyanidin: 3.56mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 17.08mg, Epicatechin: 17.08mg, Epicatechin: 17.08mg, Epicatechin: 17.08mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 9.1mg, Quercetin: 9.1mg, Quercetin: 9.1mg, Quercetin: 9.1mg

Nutrients (% of daily need)

Calories: 503.53kcal (25.18%), Fat: 27.02g (41.57%), Saturated Fat: 12.49g (78.07%), Carbohydrates: 57.73g (19.24%), Net Carbohydrates: 52.18g (18.97%), Sugar: 46.11g (51.24%), Cholesterol: 52.4mg (17.47%), Sodium: 409.71mg (17.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.06g (24.12%), Calcium: 351.65mg (35.17%), Phosphorus: 247.92mg (24.79%), Fiber: 5.55g (22.21%), Selenium: 14.8µg (21.15%), Vitamin B2: 0.29mg (17.29%), Vitamin C: 11.4mg (13.82%), Vitamin A: 656.75IU (13.14%), Zinc: 1.86mg (12.42%), Vitamin K: 10.85µg (10.33%), Vitamin E: 1.35mg (8.98%), Vitamin B12: 0.52µg (8.61%), Potassium: 290.29mg (8.29%), Vitamin B6: 0.13mg (6.5%), Magnesium: 25.53mg (6.38%), Folate: 24.12µg (6.03%), Vitamin B1: 0.09mg (5.7%), Manganese: 0.11mg (5.56%), Copper: 0.09mg (4.35%), Vitamin B5: 0.42mg (4.22%), Iron: 0.54mg (3.01%), Vitamin D: 0.34µg (2.3%), Vitamin B3: 0.46mg (2.29%)