



Apple Praline Pie

 Dairy Free

READY IN



135 min.

SERVINGS



8

CALORIES



718 kcal

DESSERT

Ingredients

- ☐ 2.7 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 1 cup shortening
- ☐ 7 tablespoons water cold
- ☐ 1 cup granulated sugar
- ☐ 1 cup pecans chopped
- ☐ 0.3 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon

- ☐ 1 teaspoon nutmeg
- ☐ 0.3 teaspoon salt
- ☐ 8 cups baking apples are apples that have a sweet-tart balance and hold their shape when peeled thinly sliced (7 medium)
- ☐ 3 tablespoons butter
- ☐ 0.3 cup brown sugar packed
- ☐ 2 tablespoons frangelico

Equipment

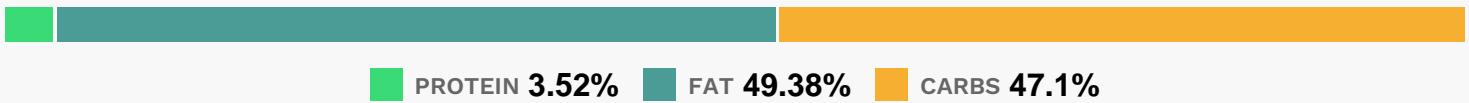
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ rolling pin

Directions

- ☐ In medium bowl, mix 2 2/3 cups flour and 1 teaspoon salt.
- ☐ Cut in shortening, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles are size of small peas.
- ☐ Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost leaves side of bowl (1 to 2 teaspoons more water can be added if necessary).
- ☐ Gather pastry into a ball. Divide in half; shape into 2 flattened rounds on lightly floured surface. Wrap in plastic wrap; refrigerate about 45 minutes or until dough is firm and cold, yet pliable. This allows the shortening to become slightly firm, which helps make the baked pastry more flaky. If refrigerated longer, let pastry soften slightly before rolling.
- ☐ Heat oven to 425°F. With floured rolling pin, roll one pastry round into round 2 inches larger than upside-down 10-inch glass pie plate. Fold pastry into fourths; place in pie plate. Unfold and ease into plate, pressing firmly against bottom and side.

- ☐ In large bowl, mix granulated sugar, 2/3 cup of the pecans, 1/3 cup flour, the cinnamon, nutmeg and 1/4 teaspoon salt.
- ☐ Add apples; toss to coat. Spoon into pastry-lined pie plate.
- ☐ Cut butter into small pieces; sprinkle over apples. Trim overhanging edge of pastry 1/2 inch from rim of pie plate.
- ☐ Roll other round of pastry into 11-inch round. Fold into fourths and cut slits so steam can escape. Unfold pastry over filling; trim overhanging edge 1 inch from rim of plate. Fold and roll top edge under lower edge, pressing on rim to seal; flute as desired. Cover edge with 2- to 3-inch strip of foil to prevent excessive browning.
- ☐ Bake 50 to 60 minutes or until crust is brown and juice begins to bubble through slits in crust, removing foil for last 15 minutes of baking.
- ☐ In 1-quart saucepan, place brown sugar, remaining 1/3 cup pecans and the half-and-half. Cook over low heat, stirring constantly, until sugar is melted.
- ☐ Spread over hot pie.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:42.14, Glycemic Load:48, Inflammation Score:-6, Nutrition Score:13.333913050268%

Flavonoids

Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epigallocatechin: 1.09mg, Epigallocatechin: 1.09mg, Epigallocatechin: 1.09mg, Epigallocatechin: 1.09mg Epicatechin: 9.52mg, Epicatechin: 9.52mg, Epicatechin: 9.52mg, Epicatechin: 9.52mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg

Nutrients (% of daily need)

Calories: 718.35kcal (35.92%), Fat: 40.51g (62.32%), Saturated Fat: 8.3g (51.86%), Carbohydrates: 86.93g (28.98%), Net Carbohydrates: 81.17g (29.52%), Sugar: 45.36g (50.4%), Cholesterol: 0mg (0%), Sodium: 418.97mg (18.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.5g (12.99%), Manganese: 1.03mg (51.69%), Vitamin B1: 0.49mg (32.38%), Selenium: 16.65µg (23.79%), Folate: 92.86µg (23.21%), Fiber: 5.76g (23.03%), Vitamin B2: 0.29mg (16.98%), Vitamin K: 17.08µg (16.26%), Iron: 2.78mg (15.45%), Vitamin B3: 3.06mg (15.28%), Vitamin E: 2.18mg (14.55%), Copper: 0.28mg (13.78%), Phosphorus: 104.29mg (10.43%), Magnesium: 34.57mg (8.64%), Potassium: 253.65mg (7.25%), Vitamin C: 5.93mg (7.18%), Zinc: 1.01mg (6.75%), Vitamin B5: 0.59mg (5.88%), Vitamin A: 263.92IU (5.28%), Vitamin B6: 0.1mg (5.24%), Calcium: 35.44mg (3.54%)