

Apple Slab Pie

READY IN

ready

90 min.

SERVINGS

servings

19

CALORIES

calories

276 kcal

DESSERT

Ingredients

- ☐ 8 apples cored peeled cut into thin wedges
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.7 cup brown sugar
- ☐ 0.7 cup butter
- ☐ 2 egg yolks beaten
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 teaspoon salt

- ☐ 0.5 cup shortening
- ☐ 4 tablespoons water
- ☐ 1.8 cups sugar white

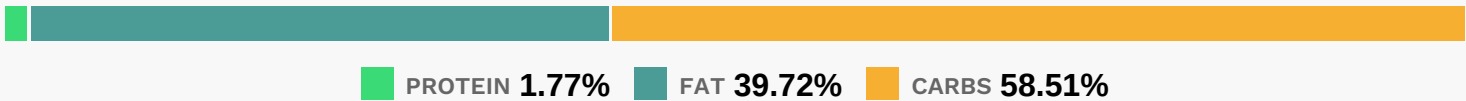
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C.) In a large bowl, combine flour sugar, salt and baking powder.
- ☐ Cut in shortening until mixture resembles coarse crumbs.
- ☐ Mix egg yolk and water together and mix into flour until it forms a ball.
- ☐ Roll out to fit the bottom of a 10x15 inch pan.
- ☐ In a large bowl, combine apples, lemon juice, 2 tablespoons flour, sugar and cinnamon.
- ☐ Pour filling into pie crust and dot with 2 tablespoons butter.
- ☐ In a medium bowl, combine 1 cup flour, 1 teaspoon cinnamon, 2/3 cup brown sugar and 2/3 cup butter.
- ☐ Cut in the butter until crumbly, then sprinkle over apples.
- ☐ Bake in the preheated oven for 60 minutes, or until topping is golden brown.

Nutrition Facts



Properties

Glycemic Index:17.06, Glycemic Load:19.32, Inflammation Score:-2, Nutrition Score:3.2647826153299%

Flavonoids

Cyanidin: 1.2mg, Cyanidin: 1.2mg, Cyanidin: 1.2mg, Cyanidin: 1.2mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1mg, Catechin: 1mg, Catechin: 1mg, Catechin: 1mg Epigallocatechin: 0.2mg,

Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 5.77mg, Epicatechin: 5.77mg, Epicatechin: 5.77mg, Epicatechin: 5.77mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 275.61kcal (13.78%), Fat: 12.62g (19.41%), Saturated Fat: 5.66g (35.35%), Carbohydrates: 41.81g (13.94%), Net Carbohydrates: 39.73g (14.45%), Sugar: 33.92g (37.69%), Cholesterol: 37.59mg (12.53%), Sodium: 97.52mg (4.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.53%), Fiber: 2.08g (8.31%), Vitamin A: 268.15IU (5.36%), Selenium: 3.58µg (5.11%), Vitamin C: 4.14mg (5.02%), Vitamin K: 5.18µg (4.93%), Manganese: 0.1mg (4.85%), Vitamin E: 0.71mg (4.74%), Vitamin B1: 0.07mg (4.66%), Folate: 17.74µg (4.44%), Vitamin B2: 0.07mg (4.05%), Potassium: 105.75mg (3.02%), Iron: 0.54mg (3%), Phosphorus: 27.64mg (2.76%), Calcium: 24.03mg (2.4%), Vitamin B3: 0.47mg (2.37%), Vitamin B6: 0.05mg (2.26%), Vitamin B5: 0.19mg (1.9%), Copper: 0.04mg (1.88%), Magnesium: 6.45mg (1.61%)