



Apple Slab Pie

READY IN



185 min.

SERVINGS



14

CALORIES



649 kcal

DESSERT

Ingredients

- ☐ 0.5 cup firmly brown sugar dark packed
- ☐ 2 cups butter cold cubed
- ☐ 2 tablespoons butter
- ☐ 6 tablespoons cornstarch
- ☐ 1 cup cranberries dried
- ☐ 1 large eggs
- ☐ 5 cups flour all-purpose
- ☐ 2 tablespoons granulated sugar
- ☐ 1 teaspoon ground allspice

- ☐ 1 tablespoon ground cinnamon
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground ginger
- ☐ 2 tablespoons heavy cream
- ☐ 1.5 cups ice-cold water
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 14 servings crust
- ☐ 1 teaspoon salt
- ☐ 1.5 teaspoons salt
- ☐ 3 pounds tart apples peeled sliced (6 large)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ dutch oven

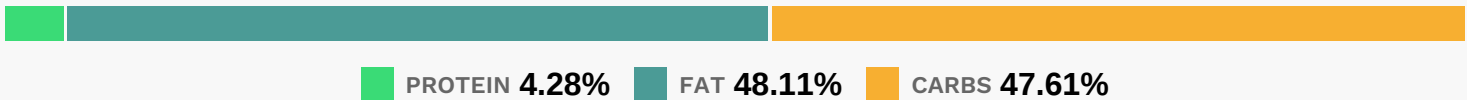
Directions

- ☐ Prepare Crust: Stir together first 4 ingredients in a large bowl.
- ☐ Cut butter into flour mixture with a pastry blender or fork until butter is pea-sized. Gently stir in 3/4 cup ice-cold water until blended.
- ☐ Add remaining 3/4 cup ice-cold water, and stir until a dough forms. Shape into a ball, using your hands. (If dough feels dry, add up to 4 Tbsp. cold water, 1 Tbsp. at a time, until dough

comes together. Butter should not be fully incorporated into dough; you will be able to see small butter pieces.)

- ☐ Turn dough out onto a floured surface, and knead lightly 10 times or until dough begins to look smooth. Divide in half, and shape into two 7- x 5-inch rectangles. Wrap rectangles in plastic wrap, and chill 1 hour.
- ☐ Prepare Filling: Melt 2 Tbsp. butter in a Dutch oven or large saucepan over medium heat.
- ☐ Add apples; cook, stirring occasionally, 3 minutes. Increase heat to medium-high, and add cranberries and next 8 ingredients. Cook, stirring occasionally, 3 minutes.
- ☐ Remove from heat, and chill 20 minutes.
- ☐ Assemble Pie: Preheat oven to 37
- ☐ Line a 15- x 10-inch jelly-roll pan with 2 layers of aluminum foil, allowing 2 to 3 inches to extend over short sides.
- ☐ Roll 1 dough rectangle into a 20- x 15-inch rectangle (about 1/4 inch thick) on lightly floured surface.
- ☐ Transfer to prepared pan, allowing dough to hang over edges. Gently press dough into corners of pan. Top with apple mixture. Chill until ready to use.
- ☐ Whisk together cream and egg.
- ☐ Roll remaining dough into a 20- x 15-inch rectangle (about 1/4 inch thick) on lightly floured surface.
- ☐ Place dough over apple mixture. Trim excess dough from top and the bottom crusts; crimp edges.
- ☐ Cut slits in top for steam to escape.
- ☐ Brush with egg mixture.
- ☐ Bake at 375 for 1 hour to 1 hour and 10 minutes or until golden and bubbly. Cool on a wire rack 10 minutes. Lift pie from pan, using foil sides as handles, and transfer to wire rack.
- ☐ Serve warm or at room temperature.
- ☐ Note: Dough may be chilled up to 3 days or frozen up to 1 month.

Nutrition Facts



Properties

Glycemic Index:21.58, Glycemic Load:29.42, Inflammation Score:-7, Nutrition Score:11.931739369164%

Flavonoids

Cyanidin: 1.58mg, Cyanidin: 1.58mg, Cyanidin: 1.58mg, Cyanidin: 1.58mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.26mg, Catechin: 1.26mg, Catechin: 1.26mg, Catechin: 1.26mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 7.32mg, Epicatechin: 7.32mg, Epicatechin: 7.32mg, Epicatechin: 7.32mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

Nutrients (% of daily need)

Calories: 648.91kcal (32.45%), Fat: 35.31g (54.33%), Saturated Fat: 20.15g (125.94%), Carbohydrates: 78.64g (26.21%), Net Carbohydrates: 73.64g (26.78%), Sugar: 26.05g (28.94%), Cholesterol: 89.73mg (29.91%), Sodium: 735.55mg (31.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.07g (14.14%), Manganese: 0.64mg (32.06%), Vitamin B1: 0.43mg (28.75%), Selenium: 18.21µg (26.02%), Folate: 103.12µg (25.78%), Fiber: 5g (20%), Vitamin A: 966.97IU (19.34%), Vitamin B2: 0.32mg (18.7%), Vitamin B3: 3.4mg (17.01%), Iron: 3.02mg (16.79%), Phosphorus: 93.35mg (9.34%), Vitamin E: 1.36mg (9.06%), Vitamin C: 5.83mg (7.07%), Vitamin K: 7.19µg (6.85%), Copper: 0.13mg (6.45%), Potassium: 212.29mg (6.07%), Magnesium: 21.68mg (5.42%), Vitamin B5: 0.48mg (4.76%), Calcium: 45.1mg (4.51%), Vitamin B6: 0.09mg (4.41%), Zinc: 0.57mg (3.78%), Vitamin B12: 0.09µg (1.56%)