



Apple Slices

READY IN



75 min.

SERVINGS



19

CALORIES



313 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 apples cored peeled sliced
- 1 egg white
- 2 egg yolks beaten
- 2 tablespoons flour all-purpose
- 1 tablespoon ground cinnamon
- 0.5 cup milk
- 2 teaspoons salt
- 1.3 cups shortening
- 3 cups sugar white

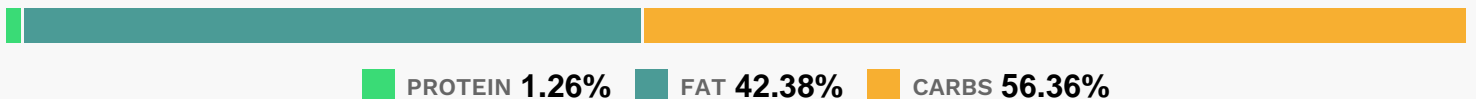
Equipment

- bowl
- frying pan
- baking sheet
- oven
- aluminum foil

Directions

- Preheat the oven to 375 degrees F (190 degrees C). Grease a 10x15 inch jellyroll pan or cookie sheet.
- In a large bowl, stir together the salt and 4 cups flour.
- Cut in the shortening until the mixture resembles coarse crumbs. Use a fork to stir in the egg yolks and milk just until dough comes together. On a lightly floured surface, roll out half of the dough to 1/8 inch thickness or until big enough to cover the bottom of the jellyroll pan with a little hanging over the sides.
- Arrange the slices of apple to evenly cover the bottom crust. In a small bowl, stir together the 2 tablespoons of flour with the sugar and cinnamon.
- Sprinkle the sugar mixture over the apple slices.
- Roll out the remaining dough to cover the apple layer and pinch to seal to the bottom crust. Trim off excess crust and brush with egg white.
- Bake for 40 to 45 minutes in the preheated oven, until apples are tender and crust is brown. If the crust begins to brown too much before the apples are done, cover with foil and continue baking. Cool before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:11.58, Glycemic Load:26.1, Inflammation Score:-1, Nutrition Score:3.1360869589059%

Flavonoids

Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.25mg, Catechin: 1.25mg, Catechin: 1.25mg, Catechin: 1.25mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 7.21mg, Epicatechin: 7.21mg, Epicatechin: 7.21mg, Epicatechin: 7.21mg 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 Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 313.25kcal (15.66%), Fat: 15.37g (23.65%), Saturated Fat: 3.93g (24.54%), Carbohydrates: 45.99g (15.33%), Net Carbohydrates: 43.45g (15.8%), Sugar: 41.82g (46.47%), Cholesterol: 21.23mg (7.08%), Sodium: 252.66mg (10.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.06%), Fiber: 2.54g (10.18%), Vitamin K: 9.93µg (9.45%), Vitamin E: 1.12mg (7.44%), Manganese: 0.12mg (5.79%), Vitamin C: 4.42mg (5.36%), Vitamin B2: 0.06mg (3.57%), Potassium: 120.11mg (3.43%), Selenium: 1.97µg (2.81%), Phosphorus: 25.77mg (2.58%), Vitamin B6: 0.05mg (2.55%), Vitamin B5: 0.24mg (2.45%), Vitamin B1: 0.03mg (2.16%), Calcium: 21.15mg (2.11%), Vitamin A: 90.69IU (1.81%), Folate: 7.17µg (1.79%), Copper: 0.03mg (1.64%), Magnesium: 6.26mg (1.57%), Iron: 0.27mg (1.49%), Vitamin B12: 0.07µg (1.22%), Vitamin D: 0.17µg (1.15%)