



Applesauce Pie

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



808 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons butter
- ☐ 10 large granny smith apples peeled chopped
- ☐ 8 servings spiced ice cream
- ☐ 1 large optional: lemon seeded sliced
- ☐ 15 ounce piecrusts refrigerated
- ☐ 2.5 cups sugar
- ☐ 1 teaspoon vanilla extract

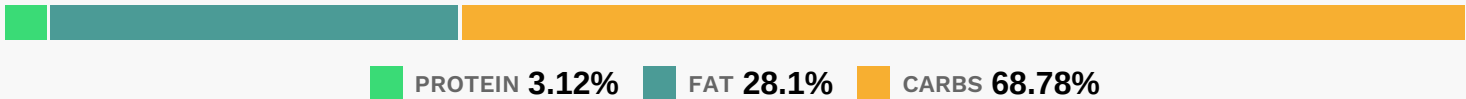
Equipment

- ☐ oven
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Cook first 3 ingredients in a Dutch oven over medium heat, stirring often, 35 minutes or until thickened.
- ☐ Remove from heat. Discard lemon.
- ☐ Add butter and vanilla. Cool.
- ☐ Fit 1 piecrust into a 9-inch pieplate according to package directions.
- ☐ Pour in applesauce mixture.
- ☐ Roll remaining piecrust to press out fold lines; cut into 1/2-inch strips. Reserve 4 strips. Arrange remaining strips in a lattice design over filling; fold edges under, and crimp.
- ☐ Cut reserved pastry strips in half lengthwise.
- ☐ Lay halves side by side, and twist; arrange around inner edge of pie.
- ☐ Bake on lowest oven rack at 425 for 30 to 35 minutes or until golden, shielding with aluminum foil to prevent excessive browning, if necessary.
- ☐ Serve with Spiced Ice Cream.

Nutrition Facts



Properties

Glycemic Index:23.57, Glycemic Load:63.24, Inflammation Score:-6, Nutrition Score:11.478260719258%

Flavonoids

Cyanidin: 4.38mg, Cyanidin: 4.38mg, Cyanidin: 4.38mg, Cyanidin: 4.38mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.62mg, Catechin: 3.62mg, Catechin: 3.62mg, Catechin: 3.62mg Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg Epicatechin: 20.99mg, Epicatechin: 20.99mg, Epicatechin: 20.99mg, Epicatechin: 20.99mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg

Epigallocatechin 3–gallate: 0.53mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 11.33mg, Quercetin: 11.33mg, Quercetin: 11.33mg, Quercetin: 11.33mg

Nutrients (% of daily need)

Calories: 808.22kcal (40.41%), Fat: 26.06g (40.09%), Saturated Fat: 9.78g (61.12%), Carbohydrates: 143.51g (47.84%), Net Carbohydrates: 134.65g (48.96%), Sugar: 105.76g (117.51%), Cholesterol: 29.04mg (9.68%), Sodium: 323.44mg (14.06%), Alcohol: 0.17g (100%), Alcohol %: 0.05% (100%), Protein: 6.51g (13.01%), Fiber: 8.86g (35.44%), Vitamin C: 20.38mg (24.71%), Vitamin B2: 0.34mg (19.9%), Manganese: 0.35mg (17.27%), Vitamin B1: 0.23mg (15.11%), Potassium: 503.99mg (14.4%), Phosphorus: 141.63mg (14.16%), Folate: 50.41µg (12.6%), Vitamin A: 619.68IU (12.39%), Calcium: 117.07mg (11.71%), Iron: 1.89mg (10.49%), Vitamin K: 10.21µg (9.72%), Vitamin B6: 0.18mg (9.2%), Vitamin B3: 1.78mg (8.91%), Magnesium: 32.45mg (8.11%), Vitamin B5: 0.8mg (7.99%), Vitamin E: 1.13mg (7.52%), Copper: 0.14mg (7%), Selenium: 4.65µg (6.64%), Zinc: 0.82mg (5.47%), Vitamin B12: 0.26µg (4.38%)