



Apricot Crumble Pie

 Dairy Free

READY IN



80 min.

SERVINGS



10

CALORIES



278 kcal

DESSERT

Ingredients

- 6 cups apricots peeled sliced
- 0.3 cup brown sugar packed
- 0.5 cup flour
- 0.8 cup granulated sugar
- 0.3 cup butter cold
- 0.3 cup minute tapioca
- 1 ready-to-use pie crust refrigerated

Equipment

bowl

oven

Directions

Heat oven to 400F.

Toss apricots with granulated sugar and tapioca.

Let stand 15 min.

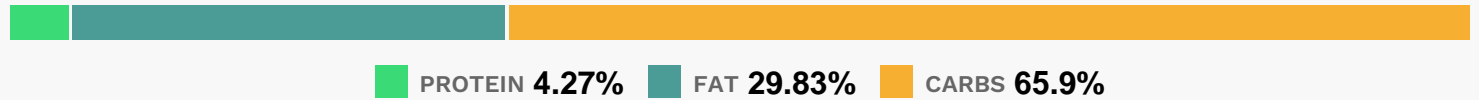
Mix flour and brown sugar in medium bowl.

Cut in butter until mixture resembles coarse crumbs; set aside.

Prepare pie crust as directed on package for unfilled 1-crust pie, using 9-inch pie plate. Fill with apricot mixture; top with crumb mixture.

Bake 45 to 50 min. or until juices form bubbles that burst slowly. Cool.

Nutrition Facts



Properties

Glycemic Index:18.68, Glycemic Load:17.45, Inflammation Score:-8, Nutrition Score:6.6813043135664%

Flavonoids

Catechin: 3.41mg, Catechin: 3.41mg, Catechin: 3.41mg, Catechin: 3.41mg Epicatechin: 4.41mg, Epicatechin: 4.41mg, Epicatechin: 4.41mg, Epicatechin: 4.41mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 277.87kcal (13.89%), Fat: 9.47g (14.57%), Saturated Fat: 2.37g (14.81%), Carbohydrates: 47.08g (15.69%), Net Carbohydrates: 44.62g (16.23%), Sugar: 28.92g (32.13%), Cholesterol: 0mg (0%), Sodium: 125.79mg (5.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.11%), Vitamin A: 1994.34IU (39.89%), Vitamin C: 9.31mg (11.29%), Fiber: 2.45g (9.81%), Manganese: 0.19mg (9.67%), Vitamin B1: 0.12mg (8.29%), Folate: 31.82µg (7.95%), Potassium: 274.05mg (7.83%), Vitamin E: 1.09mg (7.24%), Vitamin B3: 1.39mg (6.97%), Iron: 1.14mg (6.34%), Vitamin B2: 0.1mg (6%), Copper: 0.1mg (4.9%), Selenium: 3.34µg (4.77%), Phosphorus: 41.91mg (4.19%), Vitamin K: 4.33µg (4.12%), Magnesium: 13.89mg (3.47%), Vitamin B5: 0.33mg (3.31%), Vitamin B6: 0.06mg (3.21%), Calcium: 22.67mg (2.27%), Zinc: 0.31mg (2.06%)