



## Aunt Shirley's Dietetic Pie

READY IN



45 min.

SERVINGS



10

CALORIES



1696 kcal

DESSERT

### Ingredients

- 4 apples diced cored peeled
- 1 tablespoon butter
- 1 tablespoon cornstarch
- 18 inch pie shell
- 20 packets aspartame sweetener
- 0.3 cup water cold

### Equipment

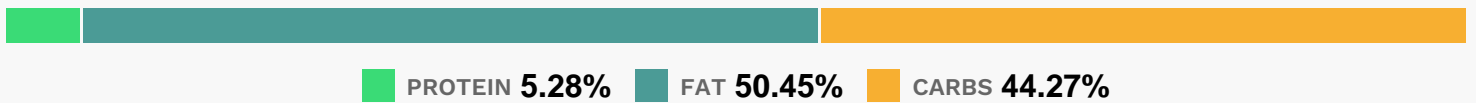
- bowl

- oven
- whisk
- pie form

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Bring 3/4 cup water to a boil. In a small bowl, whisk together cornstarch and 1/4 cup cold water.
- Whisk this mixture into the boiling water. Reduce heat and stir until mixture is thickened, about 2 minutes.
- Remove from heat.
- Stir butter or margarine and aspartame into cornstarch mixture.
- Add cinnamon and nutmeg if desired.
- Mix well.
- Place fruit in a large bowl and pour aspartame mixture over fruit. Toss until fruit is thoroughly coated.
- Pour fruit into pastry lined pie pan. Cover with second pastry shell. Seal edges and cut steam vents in top.
- Bake in preheated oven for 45 minutes, until crust is golden brown.

## Nutrition Facts



## Properties

Glycemic Index:8.2, Glycemic Load:2.66, Inflammation Score:-7, Nutrition Score:25.151739246495%

## Flavonoids

Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 5.48mg, Epicatechin: 5.48mg, Epicatechin: 5.48mg, Epicatechin: 5.48mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg

Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg,  
Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg  
Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.92mg, Quercetin:  
2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

## **Nutrients (% of daily need)**

Calories: 1696.14kcal (84.81%), Fat: 95.11g (146.33%), Saturated Fat: 30.11g (188.2%), Carbohydrates: 187.81g (62.6%),  
Net Carbohydrates: 175.55g (63.84%), Sugar: 8.07g (8.97%), Cholesterol: 3.01mg (1%), Sodium: 1482.5mg (64.46%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.38g (44.76%), Manganese: 1.62mg (80.86%), Vitamin B1: 1mg  
(66.83%), Folate: 254.23µg (63.56%), Iron: 9.45mg (52.51%), Vitamin B3: 9.79mg (48.93%), Fiber: 10.75g (43.02%),  
Vitamin B2: 0.63mg (37.14%), Selenium: 20.56µg (29.37%), Phosphorus: 267.65mg (26.76%), Vitamin K: 27.98µg  
(26.65%), Vitamin B5: 1.5mg (15.04%), Copper: 0.29mg (14.55%), Magnesium: 57.75mg (14.44%), Potassium:  
427.46mg (12.21%), Vitamin E: 1.82mg (12.13%), Zinc: 1.65mg (11.01%), Vitamin B6: 0.21mg (10.49%), Calcium: 73.3mg  
(7.33%), Vitamin C: 3.35mg (4.06%), Vitamin A: 77.9IU (1.56%)