



Blue-Ribbon Apple Pie

READY IN



45 min.

SERVINGS



10

CALORIES



323 kcal

DESSERT

Ingredients

- 1 pound braeburn all-purpose peeled thinly sliced
- 0.3 cup brown sugar packed
- 0.5 teaspoon cider vinegar
- 2 teaspoons milk fat-free
- 2 cups flour all-purpose
- 3 tablespoons flour all-purpose
- 1 pound granny smith peeled thinly sliced
- 0.5 cup granulated sugar
- 1 tablespoon granulated sugar

- 0.8 teaspoon ground cinnamon
- 5 tablespoons ice water
- 1 tablespoon juice of lemon fresh
- 0.5 pound mcintosh peeled thinly sliced
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 0.3 cup stick margarine chilled cut into small pieces
- 0.3 cup vegetable shortening
- 0.5 pound rome firm peeled thinly sliced

Equipment

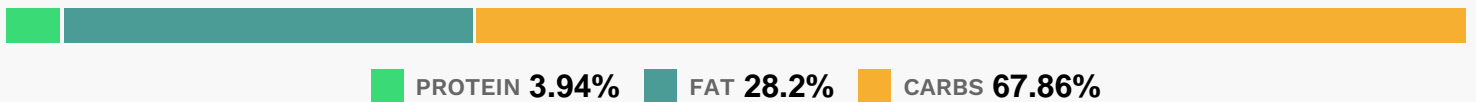
- bowl
- baking sheet
- oven
- knife
- wire rack
- blender
- plastic wrap
- aluminum foil
- measuring cup

Directions

- To prepare crust, lightly spoon 2 cups flour into dry measuring cups; level with a knife.
- Combine with 1/2 teaspoon salt in a bowl; cut in butter and shortening with a pastry blender or 2 knives until mixture resembles coarse meal.
- Add vinegar and enough ice water, 1 tablespoon at a time, tossing with a fork until dough is moist. Divide dough in half. Gently press each dough half into a 4-inch circle on heavy-duty plastic wrap, and cover with additional plastic wrap.
- Roll one half of dough, still covered, into a 12-inch circle; chill.

- Roll other half of dough, still covered, into an 11-inch circle; chill.
- Preheat oven to 45
- To prepare filling, combine apples and lemon juice in a large bowl.
- Combine 1/2 cup granulated sugar, brown sugar, 3 tablespoons flour, cinnamon, and 1/4 teaspoon salt.
- Sprinkle over apple mixture, tossing well to combine.
- Remove 1 sheet of plastic wrap from the 12-inch circle; fit dough, plastic-wrap side up, into a 9-inch pie plate coated with cooking spray, allowing dough to extend over edge of plate.
- Remove top sheet of plastic wrap. Spoon apple mixture into crust.
- Remove 1 sheet of plastic wrap from the 11-inch circle, and place dough, plastic-wrap side up, on top of apple mixture.
- Remove top sheet of plastic wrap. Press edges of dough together; fold edges under, and flute.
- Cut 6 (1-inch) slits into top of pastry using a sharp knife.
- Brush top and edges of pie with milk; sprinkle with 1 tablespoon granulated sugar.
- Place pie on a baking sheet; bake at 450 for 15 minutes. Reduce oven temperature to 375 (do not remove pie from oven).
- Bake an additional 45 minutes or until golden (shield crust with aluminum foil if it gets too brown). Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:49.64, Glycemic Load:27.85, Inflammation Score:-5, Nutrition Score:6.6391305414879%

Flavonoids

Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 10.25mg, Epicatechin: 10.25mg, Epicatechin: 10.25mg, Epicatechin: 10.25mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol:

0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg

Nutrients (% of daily need)

Calories: 322.9kcal (16.14%), Fat: 10.43g (16.04%), Saturated Fat: 2.35g (14.69%), Carbohydrates: 56.45g (18.82%), Net Carbohydrates: 52.37g (19.04%), Sugar: 30.83g (34.26%), Cholesterol: 0.03mg (0.01%), Sodium: 234.78mg (10.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.55%), Fiber: 4.09g (16.34%), Vitamin B1: 0.24mg (15.97%), Folate: 54.39µg (13.6%), Selenium: 9.4µg (13.43%), Manganese: 0.26mg (13.25%), Vitamin B2: 0.18mg (10.35%), Vitamin B3: 1.74mg (8.72%), Vitamin C: 6.86mg (8.31%), Iron: 1.49mg (8.29%), Vitamin A: 287.62IU (5.75%), Vitamin K: 5.85µg (5.57%), Potassium: 188.86mg (5.4%), Vitamin E: 0.76mg (5.1%), Phosphorus: 47.28mg (4.73%), Copper: 0.08mg (4.07%), Vitamin B6: 0.07mg (3.61%), Magnesium: 13.86mg (3.47%), Vitamin B5: 0.26mg (2.56%), Calcium: 22.02mg (2.2%), Zinc: 0.26mg (1.71%)