



Caramel Apple Blondie Pie

READY IN



270 min.

SERVINGS



10

CALORIES



827 kcal

DESSERT

Ingredients

- ☐ 10 servings apple cider caramel sauce
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 3 tablespoons bourbon
- ☐ 2 cups firmly brown sugar light divided packed
- ☐ 1 cup butter divided
- ☐ 3 large eggs lightly beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 lb granny smith apples

- ☐ 0.8 cup pecans toasted coarsely chopped
- ☐ 14.1 oz piecrusts refrigerated
- ☐ 0.5 teaspoon salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Peel apples, and cut into 1/4-inch-thick wedges. Toss with 2 Tbsp. flour and 1/2 cup brown sugar in a large bowl. Melt 1/4 cup butter in a large skillet over medium-high heat; add apple mixture, and saut 15 minutes or until apples are tender and liquid is thickened.
- ☐ Remove from heat; cool completely (about 30 minutes).
- ☐ Meanwhile, preheat oven to 35
- ☐ Melt remaining 3/4 cup butter. Stir together 1 1/2 cups flour and next 2 ingredients in a large bowl.
- ☐ Add eggs, bourbon, 3/4 cup melted butter, and remaining 1 1/2 cups brown sugar, stirring until blended. Stir in pecans.
- ☐ Fit piecrust into a 10-inch cast-iron skillet, gently pressing piecrust all the way up the sides of skillet. Spoon two-thirds of apple mixture over bottom of piecrust, spreading and gently pressing apple slices into an even layer using the back of a spoon. Spoon batter over apple mixture; top with remaining apple mixture.
- ☐ Place pie on lower oven rack, and bake at 350 for 1 hour and 10 minutes to 1 hour and 20 minutes or until a wooden pick inserted in center comes out with a few moist crumbs.
- ☐ Remove from oven; cool pie completely on a wire rack.
- ☐ Drizzle cooled pie with 1/3 cup Apple Cider Caramel Sauce.
- ☐ Serve with remaining sauce.

Nutrition Facts



Properties

Glycemic Index:34.9, Glycemic Load:16.33, Inflammation Score:-6, Nutrition Score:12.822173906409%

Flavonoids

Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 10.31mg, Epicatechin: 10.31mg, Epicatechin: 10.31mg, Epicatechin: 10.31mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg 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: 826.97kcal (41.35%), Fat: 36.03g (55.44%), Saturated Fat: 15.93g (99.54%), Carbohydrates: 120.95g (40.32%), Net Carbohydrates: 115.42g (41.97%), Sugar: 80.05g (88.95%), Cholesterol: 104.61mg (34.87%), Sodium: 661.15mg (28.75%), Alcohol: 1.5g (100%), Alcohol %: 0.58% (100%), Protein: 8.21g (16.42%), Manganese: 0.75mg (37.5%), Vitamin B1: 0.35mg (23.23%), Fiber: 5.53g (22.1%), Selenium: 15.31µg (21.87%), Folate: 79.73µg (19.93%), Vitamin B2: 0.29mg (17.03%), Iron: 2.98mg (16.55%), Vitamin A: 762.31IU (15.25%), Phosphorus: 152.02mg (15.2%), Calcium: 129.29mg (12.93%), Vitamin B3: 2.56mg (12.78%), Copper: 0.22mg (10.88%), Potassium: 347.79mg (9.94%), Magnesium: 34.62mg (8.65%), Vitamin E: 1.25mg (8.33%), Vitamin C: 6.54mg (7.93%), Vitamin B5: 0.77mg (7.74%), Vitamin K: 7.87µg (7.49%), Vitamin B6: 0.14mg (7.23%), Zinc: 0.94mg (6.28%), Vitamin B12: 0.24µg (4.07%), Vitamin D: 0.3µg (2%)