



Caramel-Apple Crumb Pie

READY IN



45 min.

SERVINGS



10

CALORIES



260 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup caramel sundae syrup fat-free
- ☐ 1 teaspoon cider vinegar
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup flour all-purpose
- ☐ 3 tablespoons flour all-purpose
- ☐ 2.8 pounds apples i use 2 granny smith apples peeled sliced
- ☐ 0.8 teaspoon ground cinnamon

- ☐ 3 tablespoons ice water
- ☐ 2 teaspoons juice of lemon
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon stick margarine
- ☐ 2 tablespoons stick margarine chilled cut into small pieces
- ☐ 2 tablespoons vegetable shortening

Equipment

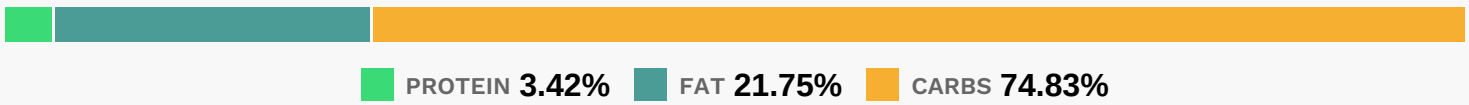
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ To prepare crust, lightly spoon 1 cup flour into a dry measuring cup; level with a knife.
- ☐ Combine 1 cup flour and salt in a bowl; cut in 2 tablespoons butter and shortening with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Sprinkle surface with ice water, 1 tablespoon at a time; add vinegar. Toss with a fork until moist and crumbly (do not form a ball).
- ☐ Press mixture gently into a 4-inch circle on heavy-duty plastic wrap; cover with additional plastic wrap.
- ☐ Roll dough, still covered, to a 12-inch circle. Freeze 10 minutes or until plastic wrap can be easily removed.
- ☐ Remove 1 sheet of plastic wrap; fit dough into a 9-inch pie plate coated with cooking spray.

- ☐ Remove top sheet of plastic wrap. Fold edges under; flute. Line bottom of dough with a piece of foil; arrange pie weights (or dried beans) on foil.
- ☐ Bake at 375 for 15 minutes or until the edge is lightly browned.
- ☐ Remove pie weights and foil; cool on a wire rack.
- ☐ To prepare filling, melt 1 tablespoon butter in a large nonstick skillet over medium-high heat.
- ☐ Combine 1/2 cup brown sugar and cinnamon.
- ☐ Add sugar mixture and apples to skillet; cook 5 minutes, stirring occasionally.
- ☐ Remove from heat; stir in 3 tablespoons flour and lemon juice. Spoon into prepared crust.
- ☐ To prepare topping, lightly spoon 1/4 cup flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and 1/4 cup brown sugar in a bowl; cut in 2 tablespoons butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Drizzle syrup over apple mixture; sprinkle topping over syrup.
- ☐ Bake at 375 for 30 minutes or until apples are tender. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:30.2, Glycemic Load:14.42, Inflammation Score:-4, Nutrition Score:5.1321739211031%

Flavonoids

Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 9.39mg, Epicatechin: 9.39mg, Epicatechin: 9.39mg, Epicatechin: 9.39mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg

Nutrients (% of daily need)

Calories: 260.05kcal (13%), Fat: 6.52g (10.03%), Saturated Fat: 1.44g (9.03%), Carbohydrates: 50.5g (16.83%), Net Carbohydrates: 46.94g (17.07%), Sugar: 32.28g (35.86%), Cholesterol: 0mg (0%), Sodium: 96.77mg (4.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.62%), Fiber: 3.56g (14.24%), Vitamin B1: 0.16mg (10.85%), Manganese: 0.21mg (10.33%), Folate: 36.98µg (9.25%), Selenium: 6.34µg (9.05%), Vitamin C: 6.17mg (7.48%), Vitamin B2: 0.12mg (7.21%), Iron: 1.11mg (6.18%), Vitamin B3: 1.19mg (5.95%), Potassium: 182.18mg (5.21%), Vitamin A: 231.62IU (4.63%), Vitamin K: 4.21µg (4.01%), Phosphorus: 37.13mg (3.71%), Vitamin E: 0.54mg (3.58%), Copper: 0.07mg (3.43%), Vitamin B6: 0.07mg (3.34%), Magnesium: 12.29mg (3.07%), Calcium: 29.74mg (2.97%), Vitamin B5: 0.21mg (2.08%), Zinc: 0.18mg (1.23%)