



Caramel Apple Pie

READY IN



90 min.

SERVINGS



30

CALORIES



107 kcal

DESSERT

Ingredients

- 0.3 cup brown sugar
- 0.3 cup butter
- 2 tablespoon butter
- 3 tablespoons mrs richardson's butterscotch caramel sauce prepared
- 1 tablespoon cornstarch argo®
- 19-inch unbaked deep dish pie crust ()
- 0.5 cups flour
- 5 granny smith apples cored peeled
- 1 tablespoon juice of lemon

- 1 teaspoon pumpkin pie spice spice islands®
- 1 teaspoon imitation rum flavoring
- 0.5 cups sugar

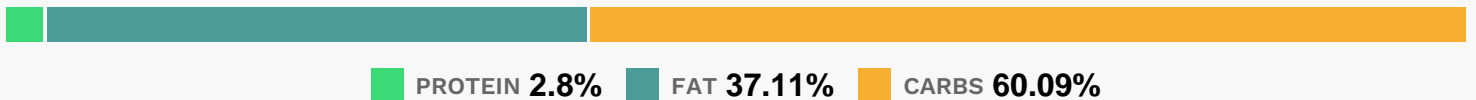
Equipment

- bowl
- oven

Directions

- MIX sugar, pumpkin pie spice and corn starch in a large bowl.
- Cut apples into 1/4-inch thick slices and place in a separate bowl.
- Sprinkle apples with lemon juice and rum; add to dry ingredients. Stir to combine.
- Place in piecrust. Dot with 2 tablespoons of butter.
- Drizzle with caramel sauce.
- STIR flour and brown sugar together in small bowl.
- Cut in 1/4 cup butter until mixture resembles coarse meal.
- Sprinkle evenly over top of pie.
- BAKE in a preheated 400F oven for 10 minutes. Reduce heat to 350F and bake an additional 40 to 50 minutes, until golden brown. Delicious when served warm with a scoop of vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:4.58, Inflammation Score:-1, Nutrition Score:1.5091304383848%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg

Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 107.11kcal (5.36%), Fat: 4.53g (6.97%), Saturated Fat: 1.1g (6.88%), Carbohydrates: 16.51g (5.5%), Net Carbohydrates: 15.6g (5.67%), Sugar: 10.02g (11.13%), Cholesterol: 0mg (0%), Sodium: 61.18mg (2.66%), Alcohol: 0.06g (100%), Alcohol %: 0.14% (100%), Protein: 0.77g (1.54%), Manganese: 0.07mg (3.71%), Fiber: 0.9g (3.61%), Folate: 10.73µg (2.68%), Vitamin B1: 0.04mg (2.61%), Vitamin A: 119.43IU (2.39%), Vitamin C: 1.62mg (1.96%), Iron: 0.34mg (1.87%), Vitamin B2: 0.03mg (1.81%), Vitamin K: 1.82µg (1.74%), Vitamin B3: 0.34mg (1.72%), Selenium: 1.13µg (1.62%), Vitamin E: 0.24mg (1.6%), Potassium: 48.33mg (1.38%), Phosphorus: 12.4mg (1.24%)