



Caramel Apple Pie

READY IN



80 min.

SERVINGS



8

CALORIES



376 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 0.3 cup butter
- ☐ 3 tablespoons mrs richardson's butterscotch caramel sauce prepared
- ☐ 1 tablespoon cornstarch argo®
- ☐ 1 9-inch unbaked deep dish pie crust
- ☐ 0.5 cup flour
- ☐ 5 granny smith apples cored peeled if desired
- ☐ 1 tablespoon juice of lemon
- ☐ 1 teaspoon pumpkin pie spice spice islands®

- ☐ 1 teaspoon imitation rum flavoring
- ☐ 0.5 cup sugar

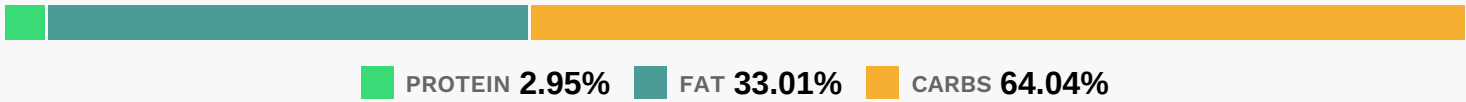
Equipment

- ☐ 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 400 degrees F oven for 10 minutes. Reduce heat to 350 degrees F 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:24.01, Glycemic Load:17.19, Inflammation Score:-4, Nutrition Score:5.5004348016304%

Flavonoids

Cyanidin: 1.79mg, Cyanidin: 1.79mg, Cyanidin: 1.79mg, Cyanidin: 1.79mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 8.57mg, Epicatechin: 8.57mg, Epicatechin: 8.57mg, Epicatechin: 8.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-

gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg

Nutrients (% of daily need)

Calories: 376.48kcal (18.82%), Fat: 14.18g (21.81%), Saturated Fat: 3.54g (22.14%), Carbohydrates: 61.87g (20.62%), Net Carbohydrates: 58.49g (21.27%), Sugar: 37.56g (41.73%), Cholesterol: 0mg (0%), Sodium: 196.42mg (8.54%), Alcohol: 0.21g (100%), Alcohol %: 0.14% (100%), Protein: 2.85g (5.7%), Manganese: 0.28mg (13.91%), Fiber: 3.39g (13.55%), Folate: 40.21µg (10.05%), Vitamin B1: 0.15mg (9.75%), Vitamin C: 6.07mg (7.36%), Iron: 1.26mg (7.03%), Vitamin B2: 0.11mg (6.72%), Vitamin K: 6.83µg (6.51%), Vitamin B3: 1.29mg (6.45%), Vitamin A: 322.68IU (6.45%), Selenium: 4.26µg (6.08%), Vitamin E: 0.79mg (5.27%), Potassium: 179.78mg (5.14%), Phosphorus: 45.68mg (4.57%), Copper: 0.07mg (3.58%), Vitamin B6: 0.07mg (3.48%), Magnesium: 13.54mg (3.38%), Calcium: 29.02mg (2.9%), Vitamin B5: 0.24mg (2.38%), Zinc: 0.24mg (1.61%)