



Caramel-Apple Pie

READY IN



205 min.

SERVINGS



8

CALORIES



525 kcal

DESSERT

Ingredients

- 8 cups apples cored peeled sliced
- 0.5 cup brown sugar packed
- 0.5 cup mrs richardson's butterscotch caramel sauce
- 2 tablespoons flour all-purpose
- 1.5 teaspoons ground cinnamon
- 1 teaspoon milk
- 1 box pie crust dough refrigerated softened
- 2 teaspoons sugar
- 8 servings whipped cream

Equipment

- bowl
- baking sheet
- oven
- aluminum foil
- microwave

Directions

- Heat oven to 400F.
- Place cookie sheet on bottom oven rack. Make pie crusts as directed on box for Two-Crust Pie, using 9-inch glass pie plate. In small bowl, mix 1/2 cup topping and 2 tablespoons flour; spread in bottom pie crust.
- In large bowl, mix apples, brown sugar, 2 tablespoons flour and the cinnamon. Spoon over caramel. Gently press apples.
- Cut small shapes from top crust to allow steam to escape.
- Place crust over apples. Seal edge and flute.
- Brush crust with milk; sprinkle with sugar.
- Bake 60 to 70 minutes or until apples are tender and crust is golden brown. (After 30 minutes of bake time, cover entire pie with foil to prevent overbrowning.) Cool about 2 hours before serving.
- In small microwavable bowl, place remaining 1/2 cup topping. Microwave uncovered on High 30 to 45 seconds or until warm. Top slices of pie with ice cream; spoon topping over top.

Nutrition Facts



PROTEIN 4.58% **FAT 34.56%** **CARBS 60.86%**

Properties

Glycemic Index:35.14, Glycemic Load:15.53, Inflammation Score:-4, Nutrition Score:8.7243477857631%

Flavonoids

Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 9.41mg, Epicatechin: 9.41mg, Epicatechin: 9.41mg, Epicatechin: 9.41mg 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 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: 524.86kcal (26.24%), Fat: 20.55g (31.62%), Saturated Fat: 8.61g (53.82%), Carbohydrates: 81.43g (27.14%), Net Carbohydrates: 76.47g (27.81%), Sugar: 49.42g (54.91%), Cholesterol: 29.11mg (9.71%), Sodium: 310.89mg (13.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.26%), Fiber: 4.96g (19.85%), Manganese: 0.36mg (18.21%), Vitamin B2: 0.29mg (16.85%), Vitamin B1: 0.2mg (13.4%), Phosphorus: 128.01mg (12.8%), Calcium: 124.63mg (12.46%), Folate: 45.92µg (11.48%), Potassium: 345.78mg (9.88%), Iron: 1.73mg (9.59%), Vitamin B3: 1.67mg (8.36%), Vitamin C: 6.23mg (7.55%), Selenium: 5.05µg (7.22%), Vitamin A: 360.69IU (7.21%), Vitamin B5: 0.71mg (7.15%), Magnesium: 25.65mg (6.41%), Vitamin K: 6.72µg (6.4%), Vitamin B6: 0.12mg (5.77%), Zinc: 0.76mg (5.05%), Copper: 0.1mg (4.85%), Vitamin B12: 0.29µg (4.77%), Vitamin E: 0.67mg (4.47%)