

Caramel Apple Pie

READY IN



145 min.

SERVINGS



10

CALORIES



393 kcal

DESSERT

Ingredients

- ☐ 1 large eggs lightly beaten
- ☐ 1 cup heavy cream
- ☐ 1 tablespoon juice of lemon
- ☐ 1 all you classic pie crust store-bought (or double-crust pie dough)
- ☐ 2 tablespoons quick-cooking tapioca
- ☐ 3.5 lb golden delicious apples cored peeled sliced
- ☐ 1.8 cups sugar
- ☐ 1 teaspoon vanilla extract

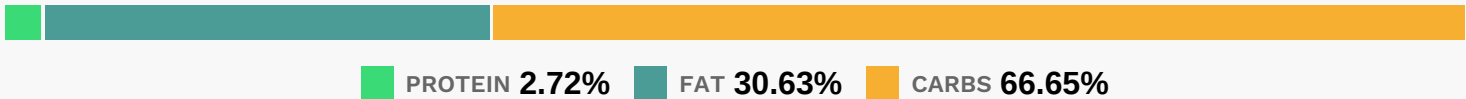
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Make crust: Prepare dough as recipe or package label directs; chill for 1 hour. Preheat oven to 400F; line a large, rimmed baking sheet with foil. Make filling: Toss apples with 2 Tbsp. sugar, lemon juice, tapioca and vanilla.
- ☐ Mix 1 1/2 cups sugar and 1/4 cup water in a large, heavy saucepan. Cook over low heat, stirring, until sugar dissolves. Increase heat to high and bring to a boil. Cook, without stirring, until mixture turns dark brown, 6 to 7 minutes. Standing back to avoid splattering, pour in cream. Reduce heat slightly and stir until caramel is smooth and thick, about 2 minutes.
- ☐ Roll out each dough disk into a 12-inch circle.
- ☐ Transfer 1 to a 9-inch pie plate. Spoon in half of apple mixture.
- ☐ Drizzle with about 1/4 cup caramel. Mound remaining apples on top and drizzle with another 1/4 cup caramel. Cover and chill remaining caramel (rewarm over low heat before serving with pie).
- ☐ Place second dough disk over filling, leaving a 1-inch overhang. Fold top edges over and crimp to seal.
- ☐ Cut steam vents in top. Beat egg with 1 tsp. water and lightly brush mixture over top crust.
- ☐ Sprinkle with remaining 2 Tbsp. sugar.
- ☐ Place pie on baking sheet and bake until filling bubbles and crust is golden brown, about 1 hour.
- ☐ Let cool before serving.

Nutrition Facts



Properties

Glycemic Index:10.21, Glycemic Load:30.23, Inflammation Score:-4, Nutrition Score:5.1595651533293%

Flavonoids

Cyanidin: 2.49mg, Cyanidin: 2.49mg, Cyanidin: 2.49mg, Cyanidin: 2.49mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.06mg, Catechin: 2.06mg, Catechin: 2.06mg, Catechin: 2.06mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 11.95mg, Epicatechin: 11.95mg, Epicatechin: 11.95mg, Epicatechin: 11.95mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg

Nutrients (% of daily need)

Calories: 392.87kcal (19.64%), Fat: 13.88g (21.36%), Saturated Fat: 7.06g (44.14%), Carbohydrates: 67.97g (22.66%), Net Carbohydrates: 63.74g (23.18%), Sugar: 52.24g (58.05%), Cholesterol: 45.49mg (15.16%), Sodium: 85.04mg (3.7%), Alcohol: 0.14g (100%), Alcohol %: 0.07% (100%), Protein: 2.77g (5.54%), Fiber: 4.24g (16.96%), Vitamin C: 8.03mg (9.73%), Vitamin A: 462.85IU (9.26%), Vitamin B2: 0.14mg (8.53%), Manganese: 0.13mg (6.74%), Potassium: 218.71mg (6.25%), Vitamin B1: 0.08mg (5.39%), Phosphorus: 53.55mg (5.36%), Vitamin K: 5.51µg (5.25%), Folate: 20.26µg (5.07%), Selenium: 3.43µg (4.9%), Vitamin B6: 0.09mg (4.56%), Vitamin E: 0.64mg (4.25%), Iron: 0.76mg (4.24%), Copper: 0.06mg (3.24%), Magnesium: 12.89mg (3.22%), Vitamin D: 0.48µg (3.21%), Calcium: 31.75mg (3.17%), Vitamin B3: 0.63mg (3.13%), Vitamin B5: 0.31mg (3.05%), Zinc: 0.27mg (1.78%), Vitamin B12: 0.08µg (1.38%)