



Caramel Apple Pie

READY IN



45 min.

SERVINGS



12

CALORIES



221 kcal

DESSERT

Ingredients

- 2 tablespoons butter chilled cut into small pieces
- 3 tablespoons butter chilled cut into small pieces
- 0.5 cup caramel sundae syrup fat-free
- 2 tablespoons cornstarch
- 0.3 cup flour all-purpose
- 1.3 cups flour all-purpose
- 1 pound fuji apple peeled thinly sliced
- 1.3 pounds apples i use 2 granny smith apples peeled thinly sliced
- 0.3 cup granulated sugar

- 3 tablespoons ice water
- 0.1 teaspoon kosher salt
- 0.3 cup brown sugar light packed
- 0.3 teaspoon salt
- 2 tablespoons vegetable shortening chilled cut into small pieces

Equipment

- food processor
- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- plastic wrap
- measuring cup

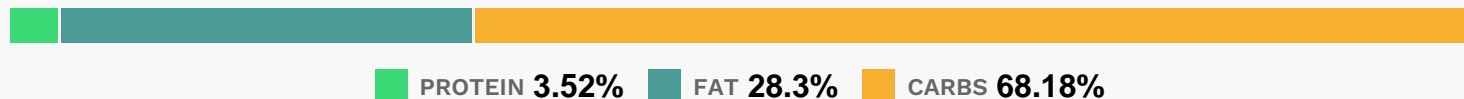
Directions

- To prepare the topping, weigh or lightly spoon 1 ounces (about 1/4 cup) flour in a dry measuring cup; level with a knife.
- Combine flour, brown sugar, and 2 tablespoons butter in a food processor; pulse 10 times or until crumbly.
- Transfer topping to a bowl; cover and chill.
- To prepare crust, weigh or lightly spoon 6 ounces (about 1 1/4 cups) flour in dry measuring cups; level with a knife.
- Combine flour and 1/4 teaspoon salt in a food processor; pulse 2 times or until combined.
- Add 3 tablespoons butter and shortening; pulse 4 times or until mixture resembles coarse meal. With processor on, add 3 tablespoons water through food chute, processing just until combined (do not form a ball). Press mixture gently into a 4-inch circle on plastic wrap; cover and chill 15 minutes. Slightly overlap 2 sheets of plastic wrap on a slightly damp surface.

Unwrap dough, and place on plastic wrap. Cover with 2 additional sheets of overlapping plastic wrap.

- Roll dough into an 11-inch circle. Freeze dough 5 minutes or until plastic wrap can be easily removed.
- Preheat oven to 37
- Discard top 2 sheets of plastic wrap; let dough stand 1 minute or until pliable. Fit dough, plastic-wrap side up, into a 9-inch pie plate coated with cooking spray. Discard plastic wrap. Press dough into bottom and sides of pan. Fold edges under; flute.
- To prepare filling, combine granulated sugar and cornstarch in a bowl; stir with a whisk.
- Add apples; toss to combine. Arrange apple mixture in crust, mounding slightly in the center.
- Bake at 375 for 25 minutes.
- Remove from oven; sprinkle evenly with topping.
- Bake at 375 for 25 additional minutes or until golden. Cool on a wire rack 20 minutes.
- To prepare sauce, combine caramel syrup and salt. Slice pie into 12 wedges, and serve with sauce.

Nutrition Facts



Properties

Glycemic Index:32.01, Glycemic Load:14.64, Inflammation Score:-3, Nutrition Score:3.9739130191181%

Flavonoids

Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 220.66kcal (11.03%), Fat: 7.18g (11.04%), Saturated Fat: 3.58g (22.37%), Carbohydrates: 38.89g (12.96%), Net Carbohydrates: 36.42g (13.24%), Sugar: 22.86g (25.4%), Cholesterol: 12.54mg (4.18%), Sodium: 145.17mg (6.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.02%), Fiber: 2.47g (9.9%), Vitamin B1: 0.14mg (9.19%), Selenium: 5.6µg (7.99%), Folate: 31.55µg (7.89%), Manganese: 0.14mg (7.25%), Vitamin B2: 0.1mg (6%), Vitamin B3: 1.01mg (5.04%), Iron: 0.87mg (4.84%), Vitamin C: 3.96mg (4.8%), Vitamin A: 200.18IU (4%), Potassium: 121.57mg (3.47%), Vitamin K: 3.46µg (3.3%), Phosphorus: 31.66mg (3.17%), Vitamin E: 0.43mg (2.89%), Copper: 0.05mg (2.46%), Magnesium: 8.77mg (2.19%), Vitamin B6: 0.04mg (2.19%), Calcium: 17.51mg (1.75%), Vitamin B5: 0.16mg (1.62%), Zinc: 0.15mg (1.01%)