



Caramel Apple Walnut Pie

READY IN



85 min.

SERVINGS



8

CALORIES



1356 kcal

DESSERT

Ingredients

- ☐ 0.3 cup pillsbury best® all purpose flour
- ☐ 5 cups braeburn apples peeled thinly sliced
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 2 tablespoons butter cold
- ☐ 14 ounce eagle brand® condensed milk sweetened canned
- ☐ 2 teaspoons ground cinnamon
- ☐ 9 inch pie crust classic crisco®
- ☐ 0.5 cup walnuts chopped

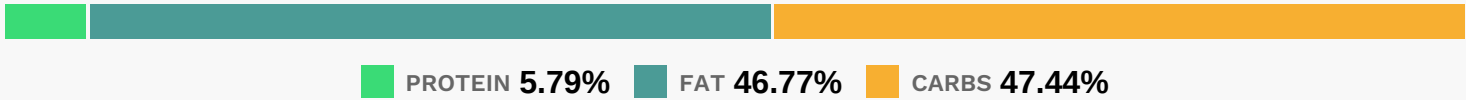
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender

Directions

- ☐ Heat oven to 350 degrees F. Toss apple slices, 1/4 cup brown sugar and cinnamon in large bowl until evenly coated. Arrange apples in pie crust.
- ☐ Whisk sweetened condensed milk and melted butter in same bowl until smooth.
- ☐ Pour evenly over apples.
- ☐ Bake 30 minutes.
- ☐ Combine remaining 1/3 cup brown sugar and flour in medium bowl.
- ☐ Cut in 2 tablespoons cold butter with pastry blender or 2 knives until mixture resembles coarse crumbs. Stir in walnuts.
- ☐ Sprinkle evenly over pie.
- ☐ Bake an additional 35 to 40 minutes or until apples are tender and topping is golden brown. Cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:30.38, Glycemic Load:22.3, Inflammation Score:-7, Nutrition Score:22.64260907536%

Flavonoids

Cyanidin: 1.42mg, Cyanidin: 1.42mg, Cyanidin: 1.42mg, Cyanidin: 1.42mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin:

5.88mg, Epicatechin: 5.88mg, Epicatechin: 5.88mg, Epicatechin: 5.88mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 1356.07kcal (67.8%), Fat: 70.77g (108.88%), Saturated Fat: 23.36g (146%), Carbohydrates: 161.54g (53.85%), Net Carbohydrates: 153.14g (55.69%), Sugar: 44.22g (49.14%), Cholesterol: 24.39mg (8.13%), Sodium: 1009.41mg (43.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.7g (39.4%), Manganese: 1.4mg (70.16%), Vitamin B1: 0.74mg (49.52%), Folate: 182.23µg (45.56%), Vitamin B2: 0.65mg (38.08%), Iron: 6.6mg (36.67%), Fiber: 8.4g (33.58%), Vitamin B3: 6.66mg (33.29%), Phosphorus: 328.56mg (32.86%), Selenium: 22.45µg (32.07%), Calcium: 209.74mg (20.97%), Vitamin K: 19.06µg (18.15%), Copper: 0.33mg (16.35%), Magnesium: 64.45mg (16.11%), Potassium: 538.91mg (15.4%), Vitamin B5: 1.41mg (14.13%), Zinc: 1.79mg (11.92%), Vitamin B6: 0.22mg (10.8%), Vitamin E: 1.4mg (9.35%), Vitamin C: 5mg (6.06%), Vitamin A: 267.3IU (5.35%), Vitamin B12: 0.22µg (3.74%)