



Caramel-Pecan-Apple Pie

READY IN



200 min.

SERVINGS



8

CALORIES



395 kcal

DESSERT

Ingredients

- ☐ 6 cups apples peeled thinly sliced (6 medium)
- ☐ 0.3 cup mrs richardson's butterscotch caramel sauce
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.1 teaspoon nutmeg
- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons pecans chopped
- ☐ 1 box pie crust dough refrigerated softened
- ☐ 0.3 teaspoon salt

☐ 0.8 cup sugar

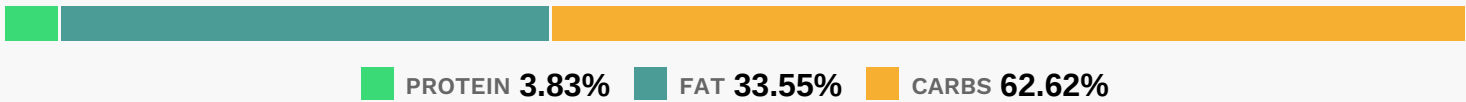
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Heat oven to 425F. Make pie crusts as directed on box for Two-Crust Pie using 9-inch glass pie plate.
- ☐ In large bowl, gently mix all filling ingredients; spoon into crust-lined pie plate. Top with second crust; seal edges and flute.
- ☐ Cut slits or shapes in several places in top crust. Cover crust edge with strips of foil to prevent excessive browning.
- ☐ Bake 40 to 45 minutes or until apples are tender and crust is golden brown, removing foil during last 15 minutes of baking. Immediately after removing pie from oven, drizzle with caramel topping; sprinkle with pecans. Cool on cooling rack at least 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:32.76, Glycemic Load:17.56, Inflammation Score:-3, Nutrition Score:5.9491304742253%

Flavonoids

Cyanidin: 1.74mg, Cyanidin: 1.74mg, Cyanidin: 1.74mg, Cyanidin: 1.74mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.4mg, Catechin: 1.4mg, Catechin: 1.4mg, Catechin: 1.4mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 7.08mg, Epicatechin: 7.08mg, Epicatechin: 7.08mg, Epicatechin: 7.08mg 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 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: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 394.92kcal (19.75%), Fat: 15.09g (23.22%), Saturated Fat: 4.27g (26.7%), Carbohydrates: 63.36g (21.12%), Net Carbohydrates: 59.46g (21.62%), Sugar: 33.99g (37.77%), Cholesterol: 0mg (0%), Sodium: 310.49mg (13.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.75%), Manganese: 0.42mg (20.93%), Fiber: 3.9g (15.61%), Vitamin B1: 0.19mg (12.35%), Folate: 42.39µg (10.6%), Iron: 1.59mg (8.84%), Vitamin B3: 1.58mg (7.9%), Vitamin B2: 0.13mg (7.4%), Vitamin C: 5.12mg (6.21%), Phosphorus: 59.27mg (5.93%), Vitamin K: 5.86µg (5.58%), Selenium: 3.82µg (5.46%), Copper: 0.1mg (4.91%), Potassium: 170.52mg (4.87%), Magnesium: 16.38mg (4.09%), Vitamin B6: 0.07mg (3.54%), Vitamin B5: 0.31mg (3.07%), Vitamin E: 0.45mg (2.98%), Zinc: 0.4mg (2.64%), Calcium: 24.05mg (2.41%), Vitamin A: 61.7IU (1.23%)