



Caramel-Pecan Upside-Down Chai Apple Pie

READY IN



60 min.

SERVINGS



8

CALORIES



508 kcal

DESSERT

Ingredients

- 3 cups apples cored peeled sliced
- 0.5 cup brown sugar packed
- 2 tablespoons brown sugar packed
- 0.3 cup butter melted
- 3 tablespoons butter
- 0.7 cup chai concentrate
- 1 Dash ground cloves
- 1 Dash ground cinnamon
- 1 cup pecans chopped

1 box pie crust dough refrigerated softened

Equipment

frying pan

oven

aluminum foil

Directions

Heat oven to 375F.

In 9-inch pie plate, combine pecans, melted butter and 1/2 cup brown sugar.

Place 1 pie crust on top of pecan mixture in pie plate.

In 10-inch skillet, cook apples with 3 tablespoons butter over medium-high heat 2 minutes; add the chai tea. Cover; cook 2 to 3 minutes.

Add cinnamon and cloves.

Drain apples and place in the pie crust; sprinkle 2 tablespoons brown sugar on top.

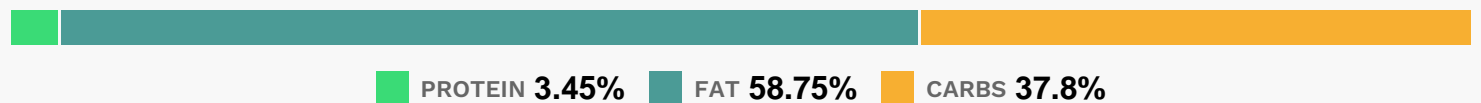
Cover filling with second crust; seal edges and cut a few slits in top crust to allow for venting.

Place pie on middle oven rack; place sheet of foil on rack below pie in case of spillover.

Bake at 375F 35 to 40 minutes or until crust is golden brown.

Remove from oven; immediately turn pie upside down onto serving plate.

Nutrition Facts



Properties

Glycemic Index:18.38, Glycemic Load:1.77, Inflammation Score:-5, Nutrition Score:8.1960869418538%

Flavonoids

Cyanidin: 2.07mg, Cyanidin: 2.07mg, Cyanidin: 2.07mg, Cyanidin: 2.07mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epigallocatechin: 2.4mg, Epigallocatechin: 2.4mg, Epigallocatechin: 2.4mg, Epigallocatechin: 2.4mg Epicatechin: 4.05mg, Epicatechin: 4.05mg, Epicatechin: 4.05mg, Epicatechin: 4.05mg

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Nutrients (% of daily need)

Calories: 508.34kcal (25.42%), Fat: 33.97g (52.26%), Saturated Fat: 12.42g (77.65%), Carbohydrates: 49.18g (16.39%), Net Carbohydrates: 45.51g (16.55%), Sugar: 21.63g (24.03%), Cholesterol: 31.62mg (10.54%), Sodium: 305.18mg (13.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.93mg (1.31%), Protein: 4.49g (8.99%), Manganese: 0.95mg (47.25%), Vitamin B1: 0.23mg (15.21%), Fiber: 3.67g (14.69%), Copper: 0.21mg (10.47%), Folate: 40.76µg (10.19%), Iron: 1.82mg (10.11%), Vitamin A: 400.87IU (8.02%), Phosphorus: 80.04mg (8%), Vitamin B3: 1.57mg (7.83%), Vitamin B2: 0.12mg (7.14%), Magnesium: 27.61mg (6.9%), Vitamin K: 6.36µg (6.06%), Vitamin E: 0.84mg (5.62%), Zinc: 0.83mg (5.54%), Potassium: 184.29mg (5.27%), Selenium: 3.68µg (5.26%), Calcium: 40.45mg (4.05%), Vitamin B6: 0.08mg (3.91%), Vitamin B5: 0.38mg (3.79%), Vitamin C: 2.3mg (2.78%)