



## Caramel-Toffee-Apple Pie with Pecans

READY IN



210 min.

SERVINGS



8

CALORIES



579 kcal

DESSERT

### Ingredients

- ☐ 6 medium apples mixed such as 4 gala, 2 granny smith), peeled, cored and sliced ( 6 cups)
- ☐ 1 tablespoon butter
- ☐ 4 oz cinnamon
- ☐ 1 tablespoon cornstarch
- ☐ 1 eggs beaten
- ☐ 0.8 cup granulated sugar
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.5 teaspoon nutmeg
- ☐ 1.5 tablespoons half and half

- ☐ 2 juice of lemon
- ☐ 0.5 cup pecans chopped
- ☐ 1 box pie crust dough refrigerated softened pillsbury®
- ☐ 2 tablespoons sugar white
- ☐ 0.5 cup toffee candies

## Equipment

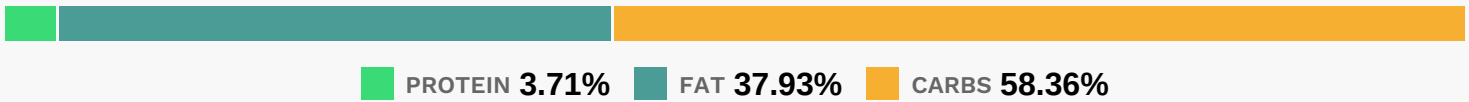
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil
- ☐ spatula
- ☐ rolling pin

## Directions

- ☐ Heat oven to 400°F. Cover cookie sheet with foil; set aside. In 4-quart saucepan, cook all filling ingredients except toffee caramel dip over medium heat about 5 minutes, stirring occasionally, until butter melts and mixture develops "juice."
- ☐ Unroll 1 crust; smooth crust with hands.
- ☐ Sprinkle 1/4 cup of the pecans on crust, leaving 1 1/2 inches around edge. Using rolling pin, press pecans into crust without them breaking through other side of crust. Run spatula under crust; place in ungreased 9-inch glass pie plate, pecan side up.
- ☐ Spoon half of the filling mixture into crust. Spoon and spread caramel dip evenly over top. (Hint: Use 1 teaspoon to measure and another teaspoon to scrape dip out of spoon.)
- ☐ Spoon other half of filling mixture on top. Unroll second crust; smooth crust with hands.
- ☐ Sprinkle remaining 1/4 cup pecans on crust, leaving 1 1/2 inches around edge. Using rolling pin, press pecans into crust without them breaking through other side of crust.
- ☐ Place crust over top of filling, pecans side up. Seal edge and flute.
- ☐ Stir together egg and half-and-half; lightly brush over entire crust, including fluted edge, brushing gently on areas that have pecans.

- ☐ Sprinkle evenly with sugar crystals.
- ☐ Cut 2 slits in top crust.
- ☐ Place pie on foil-covered cookie sheet.
- ☐ Bake 20 minutes. Reduce oven temperature to 350°F.
- ☐ Bake 40 to 45 minutes longer or until juice begins to bubble through slits in crust and crust is golden brown. Cool 1 hour 30 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:39.15, Glycemic Load:25.3, Inflammation Score:-5, Nutrition Score:14.619999927023%

## Flavonoids

Cyanidin: 2.87mg, Cyanidin: 2.87mg, Cyanidin: 2.87mg, Cyanidin: 2.87mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 10.33mg, Epicatechin: 10.33mg, Epicatechin: 10.33mg, Epicatechin: 10.33mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg

## Nutrients (% of daily need)

Calories: 578.82kcal (28.94%), Fat: 25.58g (39.36%), Saturated Fat: 8.33g (52.04%), Carbohydrates: 88.57g (29.52%), Net Carbohydrates: 75.71g (27.53%), Sugar: 46.23g (51.37%), Cholesterol: 36.82mg (12.27%), Sodium: 253.69mg (11.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.62g (11.25%), Manganese: 3.09mg (154.58%), Fiber: 12.86g (51.46%), Calcium: 178.93mg (17.89%), Iron: 2.96mg (16.44%), Vitamin B1: 0.22mg (14.36%), Vitamin C: 9.86mg (11.96%), Folate: 46.03µg (11.51%), Vitamin K: 11.84µg (11.28%), Vitamin B2: 0.18mg (10.7%), Copper: 0.21mg (10.7%), Phosphorus: 98.77mg (9.88%), Potassium: 312.59mg (8.93%), Vitamin B3: 1.77mg (8.83%), Magnesium: 33.48mg (8.37%), Selenium: 5.62µg (8.03%), Vitamin A: 393.57IU (7.87%), Vitamin E: 1.17mg (7.82%), Vitamin B6: 0.13mg (6.69%), Zinc: 0.96mg (6.4%), Vitamin B5: 0.52mg (5.2%), Vitamin B12: 0.07µg (1.21%)