



## Caramelized-Apple and Pecan Pie

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



407 kcal

DESSERT

### Ingredients

- 2 tablespoons all purpose flour
- 1.5 pounds fuji apples cored peeled quartered
- 0.8 cup butter unsalted diced ()
- 0.3 cup plus light
- 1 large egg white beaten to blend
- 4 large eggs
- 1.5 cups brown sugar packed ()
- 5 tablespoons orange juice chilled divided ()

- 0.5 teaspoon salt
- 0.8 cup sugar
- 2 teaspoons vanilla extract

## Equipment

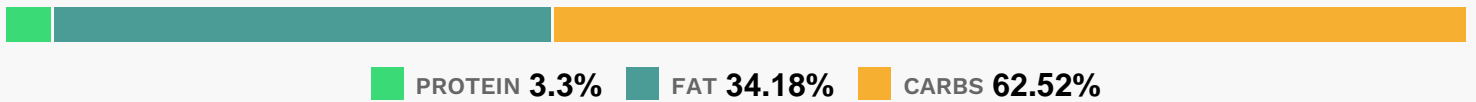
- bowl
- frying pan
- paper towels
- oven
- whisk
- aluminum foil
- pie form

## Directions

- Blend flour, sugar, and salt in processor 5 seconds.
- Add butter. Using on/off turns, blend until butter is reduced to small pea-size pieces.
- Add 4 tablespoons orange juice. Blend, using on/off turns, until moist clumps form, adding more juice by teaspoonfuls if dough is dry. Gather dough into ball; flatten into disk. Wrap in plastic and chill at least 1 hour. DO AHEAD: Can be made 1 day ahead. Keep chilled.
- Roll out dough on floured surface to 14-inch round.
- Transfer to 10-inch-diameter glass pie dish.
- Cut off all but 1/2 inch of dough overhang. Fold dough edge under and crimp decoratively, forming high-standing rim. Freeze 10 minutes. DO AHEAD: Can be made 1 day ahead. Cover and refrigerate crust.
- Brush inside of crust with enough beaten egg white to coat.
- Preheat oven to 350°F.
- Whisk brown sugar and butter in large ovenproof skillet over medium heat until butter melts, sugar dissolves, and mixture comes to boil. Boil 1 minute, whisking constantly.
- Remove from heat. Arrange apples, rounded side down, in syrup.
- Bake 15 minutes; turn over.

- Bake until just tender, about 20 minutes longer.
- Transfer apples to paper towels to cool slightly.
- Whisk syrup in skillet until smooth. Cool slightly and reserve. Maintain oven temperature.
- Mix sugar, flour, and salt in small bowl.
- Place eggs in medium bowl. Gradually whisk in reserved syrup from apples.
- Add corn syrup, vanilla, and sugar mixture; whisk until smooth. Stir in pecans.
- Pour filling into crust. Arrange apples, rounded side up, atop filling.
- Bake pie until filling is set in center, covering edges with foil if browning too quickly, about 1 hour 20 minutes.
- Transfer to rack and cool completely. DO AHEAD: Can be made 1 day ahead. Cover loosely with foil and let stand at room temperature.

## Nutrition Facts



## Properties

Glycemic Index: 24.81, Glycemic Load: 15.48, Inflammation Score: -4, Nutrition Score: 4.829130400782%

## Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

## Nutrients (% of daily need)

Calories: 406.63kcal (20.33%), Fat: 15.93g (24.51%), Saturated Fat: 9.39g (58.72%), Carbohydrates: 65.56g (21.85%), Net Carbohydrates: 63.87g (23.22%), Sugar: 61.53g (68.37%), Cholesterol: 111mg (37%), Sodium: 167.57mg (7.29%), Alcohol: 0.28g (100%), Alcohol %: 0.2% (100%), Protein: 3.46g (6.91%), Vitamin A: 587.2IU (11.74%),

Selenium: 8.03µg (11.48%), Vitamin C: 7.38mg (8.95%), Vitamin B2: 0.14mg (8.41%), Fiber: 1.69g (6.76%), Phosphorus: 56.1mg (5.61%), Potassium: 173.95mg (4.97%), Calcium: 49.57mg (4.96%), Vitamin E: 0.73mg (4.88%), Folate: 17.71µg (4.43%), Vitamin B5: 0.44mg (4.4%), Vitamin D: 0.66µg (4.37%), Iron: 0.77mg (4.27%), Vitamin B6: 0.08mg (4.02%), Vitamin B12: 0.21µg (3.5%), Manganese: 0.07mg (3.29%), Vitamin B1: 0.05mg (3.01%), Copper: 0.06mg (2.97%), Magnesium: 10.92mg (2.73%), Vitamin K: 2.76µg (2.63%), Zinc: 0.37mg (2.44%), Vitamin B3: 0.25mg (1.25%)