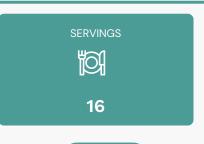


Caramelized Apple-Pecan Pie with Calvados







DESSERT

Ingredients

0.3 cup sugar

2 tablespoons calvados
1.5 cups plus light
6 large eggs lightly beaten
2 tablespoons flour all-purpose
4 large granny smith applespeeled cored cut into 1/2-inch dice
1.5 cups brown sugar light packed
0.5 pound pecans
16 servings pâte brisée pie shells

	6 ounces butter unsalted cooled melted	
	1 tablespoon vanilla extract pure	
-		
Equipment		
	bowl	
	frying pan	
	baking sheet	
	oven	
	wire rack	
	aluminum foil	
_		
Di	rections	
	Preheat the oven to 35	
	Spread the pecans on a rimmed baking sheet and bake for 7 minutes, or until lightly toasted.	
	Transfer to a plate and let cool. Reduce the oven temperature to 32	
	In a large nonstick skillet, melt 4 tablespoons of the butter with the sugar over high heat.	
	Add the apples and cook, stirring frequently, until browned, 12 to 14 minutes.	
	Add the Calvados and cook until evaporated.	
	Let cool.	
	In a large bowl, combine the brown sugar with the corn syrup, flour and the cooled melted butter and beat until smooth. Beat in the eggs and vanilla.	
	Spoon the caramelized apples into the Pte Brise Pie Shells and pour the custard on top. Scatter the pecans on the custard, lightly pressing them in.	
	Bake in the lower third of the oven for about 1 hour, or until the crusts are golden and the custard is set. Cover the crusts loosely with foil if they brown too quickly.	
	Let the pies cool on a wire rack before cutting into wedges.	
	Make Ahead: The pies can be refrigerated overnight. Bring to room temperature before serving.	
	Serve With: Whipped cream.	

Nutrition Facts

PROTEIN 3.99% 📕 FAT 44.4% 📒 CARBS 51.61%

Properties

Glycemic Index:13.82, Glycemic Load:9.46, Inflammation Score:-4, Nutrition Score:8.389130499052%

Flavonoids

Cyanidin: 2.4mg, Cyanidin: 2.4mg, Cyanidin: 2.4mg, Cyanidin: 2.4mg Delphinidin: 1.03mg, Delphinidin: 1.03mg, Delphinidin: 1.03mg, Delphinidin: 1.03mg, Peonidin: 0.01mg, Peoni

Nutrients (% of daily need)

Calories: 518.05kcal (25.9%), Fat: 26.33g (40.51%), Saturated Fat: 8.67g (54.22%), Carbohydrates: 68.85g (22.95%), Net Carbohydrates: 65.6g (23.85%), Sugar: 54.22g (60.24%), Cholesterol: 92.61mg (30.87%), Sodium: 141mg (6.13%), Alcohol: 0.91g (100%), Alcohol %: 0.64% (100%), Protein: 5.33g (10.66%), Manganese: 0.78mg (38.95%), Vitamin B1: 0.2mg (13.06%), Fiber: 3.26g (13.02%), Selenium: 8.42µg (12.03%), Copper: 0.23mg (11.43%), Phosphorus: 102.33mg (10.23%), Vitamin B2: 0.16mg (9.67%), Iron: 1.5mg (8.34%), Vitamin A: 405.18IU (8.1%), Zinc: 1.17mg (7.78%), Folate: 30.72µg (7.68%), Magnesium: 28.07mg (7.02%), Vitamin B5: 0.57mg (5.73%), Potassium: 196.86mg (5.62%), Vitamin E: 0.84mg (5.6%), Vitamin B6: 0.1mg (5.23%), Calcium: 51.89mg (5.19%), Vitamin B3: 0.89mg (4.45%), Vitamin K: 4.08µg (3.88%), Vitamin D: 0.53µg (3.56%), Vitamin C: 2.72mg (3.3%), Vitamin B12: 0.18µg (3.08%)