



Caramelized Apple-Pecan Pie with Calvados

READY IN



45 min.

SERVINGS



16

CALORIES



518 kcal

DESSERT

Ingredients

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

- ☐ 6 ounces butter unsalted cooled melted
- ☐ 1 tablespoon vanilla extract pure

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 350
- ☐ 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 325
- ☐ 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, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.75mg, Catechin: 1.75mg, Catechin: 1.75mg, Catechin: 1.75mg Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg Epicatechin: 4.31mg, Epicatechin: 4.31mg, Epicatechin: 4.31mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

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%)