



Cheddar Cheese Apple Pie

 Vegetarian

READY IN



195 min.

SERVINGS



8

CALORIES



596 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons butter unsalted diced chilled
- ☐ 2 tablespoons cornstarch
- ☐ 1 eggs beaten for brushing
- ☐ 2.5 cups flour for dusting all-purpose plus more
- ☐ 4 tablespoons ice water as needed
- ☐ 1 juice of lemon
- ☐ 2.8 pounds golden delicious apples cored peeled thinly sliced
- ☐ 0.3 teaspoon sea salt fine

- ☐ 1 pinch sea salt fine
- ☐ 5 ounces sharp cheddar packed grated
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 2 sticks butter unsalted cold cut into 1/2-inch cubes

Equipment

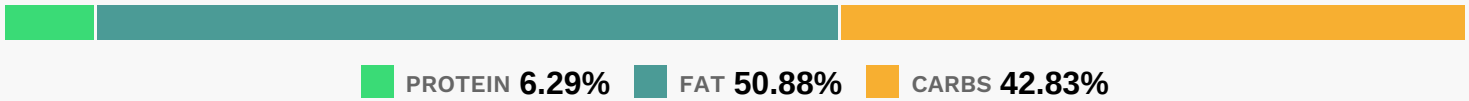
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ pie form
- ☐ dough scraper

Directions

- ☐ Watch how to make this recipe.
- ☐ For the crust: In a food processor, combine the flour, sugar, salt, cold butter and grated cheese. Cook's Note: This is where you can add a little extra cheese or use extra-sharp Cheddar to deliver that tangy cheesy flavor in every bite. Pulse the processor until the mixture resembles fine sand.
- ☐ Remove the lid and add the ice water to the mixture. Run the processor just until the mixture rolls itself into a little ball. If the mixture is a bit dry, add more ice water by the tablespoonful until it comes together. Gather the dough into a ball. With a bench scraper, divide the mixture evenly in half. Shape each half into a disk. Wrap each disk in plastic wrap and chill at least 30 minutes. Cook's Note: At this point you can keep the wrapped dough in the refrigerator for a few days or freeze for later use.
- ☐ For the filling: Preheat the oven to 400 degrees F. In a large bowl, whisk together the cornstarch and sugar, making sure there are no lumps in the cornstarch.

- ☐ Mix in the apples slices, lemon juice and zest and pinch of salt. Toss to coat the apples completely in the mixture. Cook's Note: If you would like to add a beautiful blush color to your filling, add a red-skinned apple like Braeburn to the mix and toss some of the peel into the mixture. The result is a light pink hue that's absolutely gorgeous and delicious!
- ☐ After the dough has chilled, lightly flour the work surface and roll 1 of the dough disks into a 13-inch round. Carefully place the dough round to a 9-inch diameter deep-dish glass pie dish.
- ☐ Brush the overhang with water.
- ☐ Pour the apple filling into the dough-lined dish and dot it with the diced butter.
- ☐ For the top crust, roll out the second dough disk on the same lightly floured surface.
- ☐ Roll out the dough into a 12-inch round, slightly smaller than the bottom crust. Carefully place the dough over the mound of apples. Press the overhang of the bottom and top dough pieces together to seal.
- ☐ Cut the excess dough to 1/2 inch and fold under. Crimp the dough under and pinch together.
- ☐ Cut 3 (2-inch) slits in the top of the crust to allow steam to escape. Cook's Note: For an extra-special touch, combine the pie dough scraps, roll out and then cut out shapes, like apples or leaves, and place on the top crust or pie edges.
- ☐ Brush with egg wash and bake.
- ☐ Bake the pie until golden brown, about 30 minutes. If the edge of the crust browns too quickly, place an edge guard or craft your own out of aluminum foil and place on the pie edge. Reduce the oven temperature to 375 degrees F.
- ☐ Bake the pie until the apple filling starts to bubble up in the center and has thickened, about 30 minutes.
- ☐ Remove the pie from the oven and cool the pie on a rack for 1 hour.

Nutrition Facts



Properties

Glycemic Index:34.27, Glycemic Load:35.28, Inflammation Score:-7, Nutrition Score:12.084347745647%

Flavonoids

Cyanidin: 2.45mg, Cyanidin: 2.45mg, Cyanidin: 2.45mg, Cyanidin: 2.45mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg

Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg
Epicatechin: 11.74mg, Epicatechin: 11.74mg, Epicatechin: 11.74mg, Epicatechin: 11.74mg Epicatechin 3–gallate:
0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg
Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg,
Epigallocatechin 3–gallate: 0.3mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg
Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg,
Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg,
Luteolin: 0.19mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin:
6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg

Nutrients (% of daily need)

Calories: 595.7kcal (29.78%), Fat: 34.41g (52.94%), Saturated Fat: 20.89g (130.55%), Carbohydrates: 65.19g
(21.73%), Net Carbohydrates: 60.36g (21.95%), Sugar: 27.83g (30.92%), Cholesterol: 110.2mg (36.73%), Sodium:
207.94mg (9.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.56g (19.13%), Selenium: 20.41µg (29.15%),
Vitamin B1: 0.34mg (22.87%), Vitamin A: 1128.83IU (22.58%), Folate: 84.22µg (21.06%), Vitamin B2: 0.35mg
(20.64%), Fiber: 4.83g (19.3%), Manganese: 0.33mg (16.39%), Phosphorus: 159.98mg (16%), Calcium: 152.26mg
(15.23%), Vitamin B3: 2.48mg (12.39%), Iron: 2.15mg (11.94%), Vitamin C: 8.62mg (10.45%), Vitamin E: 1.28mg
(8.52%), Zinc: 1.09mg (7.28%), Potassium: 242.07mg (6.92%), Vitamin K: 6.33µg (6.03%), Copper: 0.12mg (5.86%),
Magnesium: 22.87mg (5.72%), Vitamin B6: 0.11mg (5.27%), Vitamin B12: 0.29µg (4.9%), Vitamin D: 0.72µg (4.79%),
Vitamin B5: 0.47mg (4.65%)