



Cheddar Cheese Apple Pie

 Vegetarian

READY IN



195 min.

SERVINGS



8

CALORIES



539 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter unsalted diced chilled ()
- ☐ 1.5 tablespoons cornstarch
- ☐ 2.5 cups flour all-purpose
- ☐ 5 tablespoons ice water as needed
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest fresh grated
- ☐ 36 ounce golden delicious apples cored peeled thinly sliced
- ☐ 0.5 teaspoon sea salt fine

- ☐ 1 pinch sea salt fine
- ☐ 1 cup coarsely sharp cheddar cheese packed grated
- ☐ 0.3 cup sugar
- ☐ 1 tablespoon sugar
- ☐ 1 cup butter unsalted chilled cut into 1/2-inch cubes (2 sticks)

Equipment

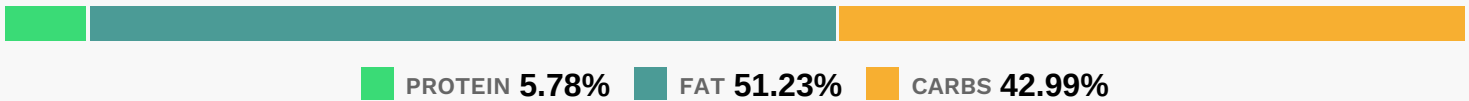
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ For the crust: In a food processor, mix the flour, sugar, and salt and blend for 5 seconds.
- ☐ Add the chilled butter and pulse until the dough looks like fine meal.
- ☐ Add the cheese and pulse 5 times.
- ☐ Transfer the mixture to a large bowl and sprinkle with 5 tablespoons of ice water. Use a fork to fluff the mixture until moist clumps form.
- ☐ Add more ice water by the tablespoonful if the mixture is dry. Gather the dough into a ball and divide in half. Shape each half into a disk. Wrap in plastic and chill at least 1 hour.
- ☐ For the filling: Preheat the oven to 400 degrees F. In a large bowl, mix the cornstarch and sugar, making sure there are no lumps in the cornstarch.
- ☐ Mix in the apples, lemon juice, zest, and salt.
- ☐ On a lightly floured surface, roll out 1 of the dough disks into a 13-inch round.
- ☐ Transfer the dough to a 9-inch diameter deep-dish glass pie dish and brush the overhang with water.
- ☐ Pour the filling into the dough-lined dish and dot it with the 2 tablespoons butter. On the same lightly floured surface, roll out the second dough disk into a 12-inch round.

- ☐ Place the dough on top of the filling. Press the overhang of the bottom and top dough pieces together to seal.
- ☐ Cut the overhang to 1/2-inch. Fold the overhang under and crimp decoratively, forming a high-standing rim.
- ☐ Cut 3 (2-inch) slits in the top of the crust to allow steam to escape.
- ☐ Bake the pie until golden brown, about 30 minutes. Cover the crust edge with foil and reduce the oven temperature to 375 degrees F.
- ☐ Bake the pie until the filling bubbles thickly in the center, about 30 minutes. Cool pie on a rack for 1 hour.

Nutrition Facts



Properties

Glycemic Index:34.27, Glycemic Load:33.18, Inflammation Score:-7, Nutrition Score:10.575652091399%

Flavonoids

Cyanidin: 2mg, Cyanidin: 2mg, Cyanidin: 2mg, Cyanidin: 2mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 9.61mg, Epicatechin: 9.61mg, Epicatechin: 9.61mg, Epicatechin: 9.61mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg

Nutrients (% of daily need)

Calories: 538.74kcal (26.94%), Fat: 31.29g (48.14%), Saturated Fat: 19.18g (119.89%), Carbohydrates: 59.09g (19.7%), Net Carbohydrates: 54.94g (19.98%), Sugar: 23.3g (25.89%), Cholesterol: 82.66mg (27.55%), Sodium: 248.86mg (10.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.94g (15.88%), Selenium: 17.66µg (25.23%), Vitamin B1: 0.33mg (22.3%), Vitamin A: 1007.15IU (20.14%), Folate: 79.63µg (19.91%), Vitamin B2: 0.3mg (17.74%), Fiber: 4.15g (16.6%), Manganese: 0.32mg (15.78%), Phosphorus: 128.92mg (12.89%), Vitamin B3: 2.45mg (12.23%), Calcium: 121.81mg (12.18%), Iron: 2.01mg (11.17%), Vitamin C: 6.76mg (8.19%), Vitamin E: 1.1mg (7.34%), Zinc: 0.88mg (5.84%), Potassium: 199.23mg (5.69%), Vitamin K: 5.49µg (5.23%), Copper: 0.1mg (5.2%), Magnesium: 19.7mg (4.92%),

Vitamin B6: 0.08mg (4.06%), Vitamin D: 0.56µg (3.75%), Vitamin B5: 0.35mg (3.45%), Vitamin B12: 0.2µg (3.4%)