



Cheesy Apple and Sausage Pie

 Popular

READY IN



115 min.

SERVINGS



8

CALORIES



510 kcal

Ingredients

- ☐ 1 pie dish
- ☐ 2 large tart apples green peeled sliced
- ☐ 0.5 medium onion chopped (half a cup)
- ☐ 1 teaspoon sugar
- ☐ 3 Tbsp butter
- ☐ 0.8 lb sausage sweet italian (bulk, or removed from casings)
- ☐ 1 clove garlic minced
- ☐ 8 ounces asiago cheese shredded
- ☐ 1 cup ricotta cheese

- ☐ 0.3 cup feta cheese
- ☐ 2 eggs slightly beaten

Equipment

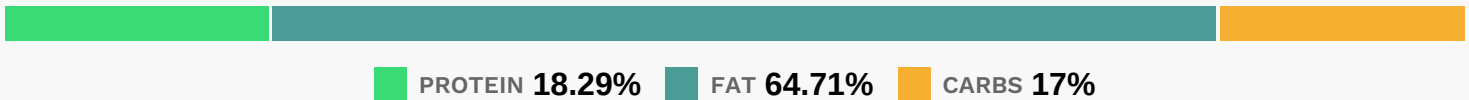
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Pre-bake the pie crust: Preheat oven to 350°F. Line the inside of a pie shell with heavy aluminum foil, pressing against the dough on the sides. Fill all the way to the rim with pie weights (sugar or beans work well).
- ☐ Bake for 35 minutes or until the crust begins to brown. (Sometimes store-bought frozen crusts do not require as much baking time as homemade crusts.)
- ☐ Remove the pie crust from oven and let cool.
- ☐ Remove the foil and pie weights.
- ☐ Cook the apple, onions, sugar in butter: Melt butter in a large skillet on medium heat.
- ☐ Add the apples, onions, and sugar, cook, stirring occasionally, until tender, about 5 minutes.
- ☐ In the last 30 seconds or so, add the garlic and cook until fragrant.
- ☐ Transfer mixture to a separate bowl.
- ☐ Add the Italian sausage to the skillet. Cook on medium heat, stirring only infrequently, until sausage is cooked through.
- ☐ Remove from heat.
- ☐ Remove the sausage with a slotted spoon to a dish lined with paper towels to absorb the excess fat.
- ☐ In medium sized bowl, mix together the cheeses and beaten eggs.

- ☐ Layer sausage, apple mixture, and cheese mixture in pie crust:
- ☐ Place sausage on bottom of pre-baked pie crust.
- ☐ Add the cooked apple onion mixture over the sausage.
- ☐ Pour the cheese egg mixture over the apple mixture and spread it so it evenly covers the pie.
- ☐ Bake at 350°F for 35 to 40 minutes, until a knife inserted in the center comes out clean.
- ☐ Let stand for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:39.76, Glycemic Load:3.19, Inflammation Score:-5, Nutrition Score:13.482173981874%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 509.87kcal (25.49%), Fat: 36.69g (56.44%), Saturated Fat: 17.47g (109.21%), Carbohydrates: 21.69g (7.23%), Net Carbohydrates: 19.69g (7.16%), Sugar: 6.95g (7.72%), Cholesterol: 123.95mg (41.32%), Sodium: 982.16mg (42.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.34g (46.67%), Calcium: 447.68mg (44.77%), Selenium: 26.85µg (38.36%), Phosphorus: 368.97mg (36.9%), Vitamin B1: 0.34mg (22.69%), Vitamin B2: 0.37mg (21.8%), Vitamin B12: 1.02µg (16.98%), Zinc: 2.32mg (15.44%), Vitamin B6: 0.25mg (12.59%), Vitamin A: 602.1IU (12.04%), Vitamin B3: 2.18mg (10.92%), Iron: 1.72mg (9.54%), Folate: 33.8µg (8.45%), Manganese: 0.17mg (8.26%), Fiber: 1.99g (7.98%), Potassium: 277.4mg (7.93%), Magnesium: 30.91mg (7.73%), Vitamin B5: 0.76mg (7.62%), Vitamin C: 4.04mg (4.9%), Copper: 0.09mg (4.69%), Vitamin K: 4.12µg (3.93%), Vitamin E: 0.54mg (3.62%), Vitamin D: 0.44µg (2.95%)