



Chef John's Caramel Apple Pie

READY IN



140 min.

SERVINGS



8

CALORIES



453 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 15 ounce double crust ready-to-use pie crust pillsbury® such as
- ☐ 4 large apples red cored thinly sliced
- ☐ 1 pinch salt
- ☐ 6 tablespoons butter unsalted
- ☐ 0.3 cup water
- ☐ 0.3 cup sugar white

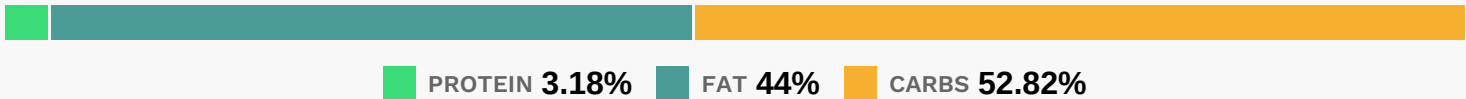
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ pie form

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Melt butter in saucepan over medium heat. Stir in white sugar, brown sugar, salt, cinnamon, and water. Bring the syrup to a boil, stirring constantly to dissolve sugar, then remove from heat.
- ☐ Unroll pie crusts, press one into a 9-inch pie dish, and place the apples into the crust. Unroll the second crust on a work surface, and cut into about 8 1-inch wide strips. Criss-cross the strips over the apples, or weave into a lattice crust. Crimp the bottom crust over the lattice strips with your fingers. Spoon caramel sauce over pie, covering lattice portion of top crust; let remaining sauce drizzle through the crust.
- ☐ Bake in preheated oven for 15 minutes. Reduce heat to 350 degrees F (175 degrees C), and bake until the crust is golden brown, the caramel on the top crust is set, and the apple filling is bubbling, 35 to 40 more minutes. Allow to cool completely before slicing.

Nutrition Facts



Properties

Glycemic Index:13.39, Glycemic Load:8.43, Inflammation Score:-4, Nutrition Score:5.9682608713274%

Flavonoids

Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.16mg, Kaempferol:

0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 452.65kcal (22.63%), Fat: 22.58g (34.75%), Saturated Fat: 9.76g (61.01%), Carbohydrates: 61g (20.33%), Net Carbohydrates: 56.96g (20.71%), Sugar: 31.18g (34.64%), Cholesterol: 22.58mg (7.53%), Sodium: 228.81mg (9.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.35%), Fiber: 4.04g (16.15%), Manganese: 0.29mg (14.72%), Vitamin B1: 0.17mg (11.04%), Folate: 41.01µg (10.25%), Iron: 1.62mg (9.02%), Vitamin B3: 1.56mg (7.79%), Vitamin B2: 0.12mg (7.3%), Vitamin K: 7.09µg (6.75%), Vitamin A: 323.32IU (6.47%), Vitamin C: 5.13mg (6.22%), Potassium: 192.07mg (5.49%), Phosphorus: 53.65mg (5.36%), Selenium: 3.34µg (4.77%), Vitamin E: 0.69mg (4.6%), Copper: 0.08mg (4%), Vitamin B6: 0.08mg (3.92%), Magnesium: 15.11mg (3.78%), Calcium: 31.64mg (3.16%), Vitamin B5: 0.31mg (3.13%), Zinc: 0.3mg (2%), Vitamin D: 0.16µg (1.05%)