



Chef John's Caramel Apple Pie

 Vegetarian

READY IN



100 min.

SERVINGS



8

CALORIES



404 kcal

DESSERT

Ingredients

- ☐ 5 apples cored peeled sliced
- ☐ 0.5 cup brown sugar
- ☐ 0.3 teaspoon cinnamon
- ☐ 1 pastry) for double-crust pie (see footnote for recipe link
- ☐ 1 pinch salt
- ☐ 6 tablespoons butter unsalted
- ☐ 0.3 cup water
- ☐ 0.5 cup sugar white

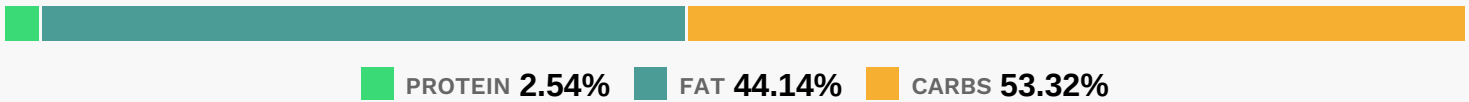
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ knife

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Combine butter, white sugar, brown sugar, water, cinnamon, and salt in a saucepan over medium heat. Bring to a boil, remove from heat and set aside.
- ☐ Roll out half the pastry to fit a 9-inch pie plate.
- ☐ Place bottom crust in pie plate; pour in apple slices.
- ☐ Roll out top crust into a 10-inch circle.
- ☐ Cut into 8 (1-inch) wide strips with a sharp paring knife or pastry wheel. Weave the pastry strips, one at a time, into a lattice pattern. Fold the ends of the lattice strips under the edge of the bottom crust and crimp to seal.
- ☐ Pour butter-sugar mixture over top of pie, coating the lattice, and allowing any remaining sauce to drizzle through the crust.
- ☐ Bake in the 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:20.39, Glycemic Load:20.35, Inflammation Score:-4, Nutrition Score:5.2026086916094%

Flavonoids

Cyanidin: 1.79mg, Cyanidin: 1.79mg, Cyanidin: 1.79mg, Cyanidin: 1.79mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin:

8.57mg, Epicatechin: 8.57mg, Epicatechin: 8.57mg, Epicatechin: 8.57mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg

Nutrients (% of daily need)

Calories: 403.71kcal (20.19%), Fat: 20.42g (31.41%), Saturated Fat: 8.38g (52.37%), Carbohydrates: 55.5g (18.5%), Net Carbohydrates: 52.28g (19.01%), Sugar: 37.88g (42.09%), Cholesterol: 22.58mg (7.53%), Sodium: 87.74mg (3.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.28%), Fiber: 3.22g (12.89%), Selenium: 7.76µg (11.08%), Manganese: 0.21mg (10.5%), Vitamin B1: 0.14mg (9.45%), Vitamin K: 8.19µg (7.8%), Vitamin B2: 0.12mg (7.19%), Vitamin B3: 1.4mg (7%), Folate: 27.76µg (6.94%), Vitamin A: 324.31IU (6.49%), Vitamin C: 5.23mg (6.35%), Iron: 1.03mg (5.73%), Potassium: 161.72mg (4.62%), Vitamin E: 0.62mg (4.1%), Copper: 0.08mg (3.8%), Phosphorus: 34mg (3.4%), Magnesium: 12.15mg (3.04%), Vitamin B6: 0.06mg (2.96%), Calcium: 24.8mg (2.48%), Zinc: 0.22mg (1.5%), Vitamin D: 0.16µg (1.05%)