



Cinnamon-Apple Crostata

 Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



333 kcal

DESSERT

Ingredients

- ☐ 4 cups apples peeled thinly sliced (4 medium)
- ☐ 4 teaspoons cornstarch
- ☐ 2 teaspoons ground cinnamon
- ☐ 2 tablespoons pecans chopped
- ☐ 1 box pie crust dough refrigerated softened
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon sugar

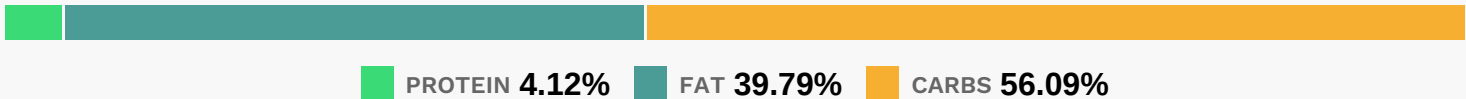
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 450F.
- ☐ Remove pie crust from pouch; place flat on ungreased cookie sheet.
- ☐ Mix 1/2 cup sugar, the cornstarch and cinnamon in medium bowl.
- ☐ Add apples; toss gently. Spoon apple mixture onto center of crust, spreading to within 2 inches of edge. Fold edge of crust over apples, ruffling decoratively.
- ☐ Brush edge of crust with water.
- ☐ Sprinkle with 1 teaspoon sugar.
- ☐ Bake 15 minutes or until crust is golden brown.
- ☐ Sprinkle pecans over apple mixture.
- ☐ Bake 5 to 15 minutes longer or until apples are tender.

Nutrition Facts



Properties

Glycemic Index:23.4, Glycemic Load:11.37, Inflammation Score:-2, Nutrition Score:5.2256521867669%

Flavonoids

Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 4.73mg, Epicatechin: 4.73mg, Epicatechin: 4.73mg, Epicatechin: 4.73mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 333.37kcal (16.67%), Fat: 14.99g (23.06%), Saturated Fat: 4.25g (26.58%), Carbohydrates: 47.55g (15.85%), Net Carbohydrates: 44.28g (16.1%), Sugar: 19.58g (21.76%), Cholesterol: 0mg (0%), Sodium: 205.4mg (8.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.99%), Manganese: 0.44mg (22.19%), Fiber: 3.26g (13.06%), Vitamin B1: 0.16mg (10.98%), Folate: 37.46µg (9.36%), Iron: 1.49mg (8.28%), Vitamin B3: 1.44mg (7.21%), Vitamin B2: 0.11mg (6.3%), Phosphorus: 50.25mg (5.03%), Vitamin K: 5.27µg (5.02%), Selenium: 3.07µg (4.38%), Copper: 0.09mg (4.37%), Potassium: 128.07mg (3.66%), Vitamin C: 2.92mg (3.54%), Magnesium: 13.98mg (3.49%), Vitamin B6: 0.06mg (2.83%), Vitamin B5: 0.26mg (2.64%), Vitamin E: 0.39mg (2.59%), Zinc: 0.37mg (2.5%), Calcium: 20.16mg (2.02%)