



Cinnamon Crumble Apple Pie

READY IN



45 min.

SERVINGS



8

CALORIES



496 kcal

DESSERT

Ingredients

- ☐ 1 cup flour
- ☐ 0.5 teaspoon apple cider vinegar
- ☐ 0.3 cup brown sugar packed ()
- ☐ 3.3 pounds apples i use 2 granny smith apples cored peeled sliced
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 3 tablespoons water ()
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shortening frozen cut into 1/2-inch cubes
- ☐ 0.5 cup sugar

- ☐ 6 tablespoons butter unsalted chilled cut into 1/2-inch cubes
- ☐ 8 servings whipped cream

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ pie form

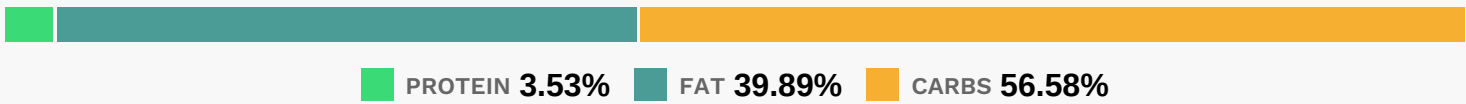
Directions

- ☐ Mix flour, salt, and sugar in large bowl.
- ☐ Add butter and shortening; rub in with fingertips until coarse meal forms.
- ☐ Mix 3 tablespoons ice water and vinegar in small bowl to blend.
- ☐ Drizzle over flour mixture; stir with fork until moist clumps form, adding more water by teaspoonfuls if dough is dry. Gather dough into ball; flatten into disk. Wrap in plastic; refrigerate 30 minutes.
- ☐ Position rack in center of oven and preheat to 400°F.
- ☐ Roll out dough on lightly floured surface to 12-inch round.
- ☐ Transfer to 9-inch-diameter glass pie dish. Trim overhang to 1/2 inch; turn edge under and crimp decoratively. Refrigerate while preparing filling and topping.
- ☐ Mix all ingredients in large bowl to coat apples.
- ☐ Blend first 5 ingredients in processor.
- ☐ Add chilled butter cubes; using on/off turns, cut in until mixture resembles wet sand.
- ☐ Toss filling to redistribute juices; transfer to crust, mounding in center. Pack topping over and around apples.
- ☐ Bake pie on baking sheet until topping is golden, about 40 minutes (cover top with foil if browning too quickly). Reduce oven temperature to 350°F.
- ☐ Bake until apples in center are tender when pierced and filling is bubbling thickly at edges, about 45 minutes longer. Cool until warm, about 1 hour.

☐

Serve with ice cream.

Nutrition Facts



Properties

Glycemic Index:35.39, Glycemic Load:33.3, Inflammation Score:-6, Nutrition Score:8.7104348358901%

Flavonoids

Cyanidin: 2.89mg, Cyanidin: 2.89mg, Cyanidin: 2.89mg, Cyanidin: 2.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 13.88mg, Epicatechin: 13.88mg, Epicatechin: 13.88mg, Epicatechin: 13.88mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 7.39mg, Quercetin: 7.39mg, Quercetin: 7.39mg, Quercetin: 7.39mg

Nutrients (% of daily need)

Calories: 496.47kcal (24.82%), Fat: 22.69g (34.91%), Saturated Fat: 11.55g (72.21%), Carbohydrates: 72.43g (24.14%), Net Carbohydrates: 66.93g (24.34%), Sugar: 52.36g (58.18%), Cholesterol: 51.62mg (17.2%), Sodium: 204.09mg (8.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.03%), Fiber: 5.51g (22.02%), Vitamin B2: 0.29mg (17.04%), Vitamin A: 640.87IU (12.82%), Manganese: 0.25mg (12.42%), Vitamin B1: 0.18mg (12.2%), Calcium: 110.33mg (11.03%), Phosphorus: 109.5mg (10.95%), Vitamin C: 8.89mg (10.77%), Potassium: 359.02mg (10.26%), Selenium: 6.76µg (9.66%), Folate: 37.83µg (9.46%), Vitamin K: 8.56µg (8.15%), Vitamin E: 1.18mg (7.89%), Vitamin B5: 0.63mg (6.3%), Iron: 1.1mg (6.11%), Vitamin B3: 1.18mg (5.92%), Vitamin B6: 0.12mg (5.89%), Magnesium: 23.02mg (5.76%), Copper: 0.1mg (4.78%), Vitamin B12: 0.28µg (4.59%), Zinc: 0.66mg (4.39%), Vitamin D: 0.29µg (1.93%)