

## Classic Apple Pie

READY IN



200 min.

SERVINGS



10

CALORIES



503 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon apple cider vinegar
- ☐ 1 teaspoon apple pie spice
- ☐ 4 pounds apples mixed (such as Granny Smith, Gala and McIntosh)
- ☐ 1 large eggs beaten
- ☐ 2 tablespoons flour for dusting all-purpose plus more
- ☐ 2.5 cups flour all-purpose
- ☐ 0.7 cup granulated sugar
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 teaspoon salt

- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons sugar
- ☐ 6 tablespoons butter unsalted
- ☐ 12 tablespoons butter unsalted cold cut into small pieces ()
- ☐ 4 tablespoons vegetable shortening cold

## Equipment

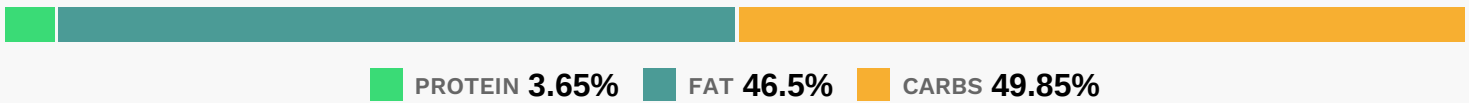
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ aluminum foil

## Directions

- ☐ Peel and core the apples; slice 1/4 inch thick.
- ☐ Transfer to a bowl and toss with the granulated sugar and lemon juice. Melt 4 tablespoons butter in a large skillet over medium-high heat.
- ☐ Add the apples and cook, stirring occasionally, until softened, 12 to 15 minutes.
- ☐ Add the flour, cinnamon and salt and stir until the juices thicken, about 2 minutes.
- ☐ Remove from the heat and let cool completely. (The filling can be made up to 2 days ahead; cover and refrigerate.)
- ☐ Roll out 1 disk of dough into a 12-inch round on a lightly floured surface. Ease into a 9-inch pie plate.
- ☐ Add the cooled filling and dot with the remaining 2 tablespoons butter.
- ☐ Roll out the remaining disk of dough into a 12-inch round.
- ☐ Lay the dough over the filling and press the two crusts together around the edges. Fold the overhanging dough under itself and crimp with your fingers.
- ☐ Brush the top crust with the beaten egg and sprinkle with coarse sugar.

- ☐ Cut a few slits in the top crust to let steam escape. Chill 1 hour.
- ☐ Put a baking sheet on the bottom oven rack and preheat to 425 degrees F for at least 30 minutes.
- ☐ Put the pie directly on the hot baking sheet and reduce the oven temperature to 375 degrees F; bake until the pie is golden and the filling is bubbly, 1 hour to 1 hour, 10 minutes, rotating the pie as needed. (Cover the edges with foil if they are browning too quickly.)
- ☐ Transfer to a rack and let cool until the filling is set, about 3 hours.
- ☐ Pulse the flour, shortening, sugar, vinegar and salt in a food processor until it looks like fine meal.
- ☐ Add the butter and pulse until it is in pea-size pieces.
- ☐ Sprinkle in 1/4 cup ice water and pulse until the dough begins to come together. Pinch the dough with your fingers; if it doesn't hold together, add up to 4 more tablespoons ice water, 1 tablespoon at a time, and pulse again.
- ☐ Divide the dough between 2 sheets of plastic wrap and pat each into a disk. Wrap tightly and refrigerate until firm, at least 1 hour or preferably overnight, or freeze up to 2 months.

## Nutrition Facts



## Properties

Glycemic Index:36.22, Glycemic Load:34.57, Inflammation Score:-6, Nutrition Score:9.3343478596729%

## Flavonoids

Cyanidin: 2.85mg, Cyanidin: 2.85mg, Cyanidin: 2.85mg, Cyanidin: 2.85mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.36mg, Catechin: 2.36mg, Catechin: 2.36mg, Catechin: 2.36mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.66mg, Epicatechin: 13.66mg, Epicatechin: 13.66mg, Epicatechin: 13.66mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.29mg, Quercetin: 7.29mg, Quercetin: 7.29mg, Quercetin: 7.29mg

## Nutrients (% of daily need)

Calories: 502.51kcal (25.13%), Fat: 26.74g (41.14%), Saturated Fat: 14.5g (90.61%), Carbohydrates: 64.51g (21.5%), Net Carbohydrates: 59.23g (21.54%), Sugar: 33.19g (36.88%), Cholesterol: 72.78mg (24.26%), Sodium: 187.26mg (8.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.44%), Fiber: 5.28g (21.11%), Vitamin B1: 0.29mg (19.55%), Selenium: 13µg (18.57%), Folate: 69.13µg (17.28%), Manganese: 0.32mg (16.18%), Vitamin A: 755.43IU (15.11%), Vitamin B2: 0.24mg (14.34%), Vitamin C: 9.55mg (11.58%), Vitamin B3: 2.12mg (10.6%), Iron: 1.88mg (10.47%), Vitamin E: 1.31mg (8.7%), Vitamin K: 8.65µg (8.24%), Phosphorus: 71.79mg (7.18%), Potassium: 247.23mg (7.06%), Copper: 0.11mg (5.32%), Vitamin B6: 0.1mg (5.01%), Magnesium: 17.86mg (4.47%), Vitamin B5: 0.4mg (3.97%), Vitamin D: 0.48µg (3.19%), Zinc: 0.4mg (2.65%), Calcium: 26.53mg (2.65%), Vitamin B12: 0.09µg (1.46%)