



Classic Apple Pie with Perfect Crust

READY IN



45 min.

SERVINGS



6

CALORIES



622 kcal

DESSERT

Ingredients

- 2 tablespoons butter
- 1 teaspoon cornstarch
- 1 eggs slightly beaten
- 2 cups flour
- 6 apples i use 2 granny smith apples thick cored peeled sliced
- 1 teaspoon ground cinnamon
- 1 tablespoon juice of lemon
- 0.3 cup brown sugar light
- 0.3 cup brown sugar light

- 0.3 teaspoon nutmeg freshly grated
- 0.3 teaspoon salt
- 1 teaspoon salt
- 0.8 cup shortening
- 6 servings water ice cold
- 0.3 cup granulated sugar white
- 1 teaspoon vinegar white

Equipment

- bowl
- oven
- knife
- rolling pin


Directions

- Before you begin assembling your ingredients, place a large glass of water into the freezer. Do not skip this step.
Apple Pie Filling: In a large bowl combine the sliced apples, sugars, lemon juice, ground cinnamon, nutmeg, and salt. Stir well and let sit while you make the crust.
Pie Crust: Get your glass of water from the freezer.
- Combine flour and salt in a medium sized bowl.
- Cut in the shortening.
- Place the egg and vinegar in a 1/2 cup, top up with the water from the freezer. Stir this into the flour mixture. Stir until a ball is formed. Shape into 2 small discs and wrap, place in the fridge for 30 minutes. Generously flour the surface and rolling pin. Beginning in the center of the disc of dough, roll out, lifting often to be sure it is not sticking to the counter. If you find it sticking, add a touch more flour to the counter. Once it is large enough to line a 9 inch pie plate either roll it lightly around the rolling pin or gently fold it into fourths and transfer to the pie plate. Be sure you have at least an half inch of dough over hanging the edge of the plate.
- Add the cornstarch to the apples and stir well to incorporate.
- Pour the bowl of apples into the pastry lined pie plate. Dot the surface with the butter.

Roll out the second disc of dough, making sure it is large enough to cover the top including the half in dough overhang around the edges. Now you tuck the top layer of crust under the bottom layer of crust going completely around the whole pie. Crimp the edge of the crust with your fingers or a fork, being sure to not break through the dough. Be sure it is sealed well. With a paring knife make a few slits through the top crust, and sprinkle with a half teaspoon of sugar.

Bake at 375 degrees for 60 minutes. Do allow to cool for at least an hour so the filling can set.

Nutrition Facts

 **PROTEIN 3.63%**  **FAT 43.62%**  **CARBS 52.75%**

Properties

Glycemic Index: 58.68, Glycemic Load: 35.48, Inflammation Score: -5, Nutrition Score: 11.248695652174%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg 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 Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg

Taste

Sweetness: 100%, Saltiness: 24.23%, Sourness: 51.26%, Bitterness: 40.52%, Savoriness: 8.7%, Fattiness: 37.96%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 621.76kcal (31.09%), Fat: 30.89g (47.53%), Saturated Fat: 9.17g (57.34%), Carbohydrates: 84.04g (28.01%), Net Carbohydrates: 78.34g (28.49%), Sugar: 45.26g (50.29%), Cholesterol: 37.31mg (12.44%), Sodium: 545.74mg (23.73%), Protein: 5.79g (11.58%), Vitamin B1: 0.37mg (24.49%), Selenium: 16.72µg (23.89%), Fiber: 5.7g (22.79%), Folate: 86.06µg (21.52%), Manganese: 0.42mg (21.24%), Vitamin K: 18.21µg (17.35%), Vitamin B2: 0.29mg (17.08%), Vitamin E: 2.12mg (14.13%), Iron: 2.47mg (13.73%), Vitamin B3: 2.66mg (13.31%), Vitamin C: 9.35mg (11.34%), Copper: 0.16mg (8.22%), Phosphorus: 82.06mg (8.21%), Potassium: 279.54mg (7.99%), Vitamin B5: 0.61mg (6.14%),

Magnesium: 23.79mg (5.95%), Vitamin B6: 0.12mg (5.76%), Vitamin A: 255.72IU (5.11%), Calcium: 49.05mg (4.91%),
Zinc: 0.5mg (3.36%), Vitamin B12: 0.07µg (1.22%)