



Classic Double-Crust Apple Pie

READY IN



45 min.

SERVINGS



8

CALORIES



332 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon all purpose flour
- ☐ 1.8 pounds apples sweet such as spartan or golden delicious, peeled, cored, thinly sliced (5 1/2 cups)
- ☐ 3 tablespoons butter unsalted diced
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 4 tablespoons ice water ()
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup solid vegetable shortening chilled cut into 1/2-inch pieces
- ☐ 0.8 cup sugar

- ☐ 1.8 pounds tart apples such as granny smith or pippin, peeled, cored, thinly sliced (5 1/2 cups)
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 tablespoon milk whole

Equipment

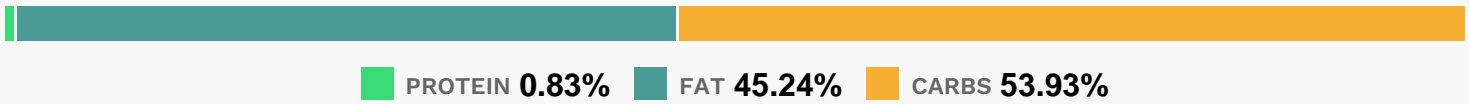
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Whisk flour and salt in large bowl to blend.
- ☐ Add butter and shortening and rub in with fingertips until very coarse meal forms.
- ☐ Sprinkle with 3 tablespoons water; toss until moist clumps form, adding more water by teaspoonfuls if mixture is dry. Gather dough into ball; divide in half. Flatten into disks. Wrap in plastic; chill at least 1 hour. (Can be made 1 day ahead. Keep refrigerated. Soften slightly at room temperature before using.)
- ☐ Preheat oven to 400°F. Spray 9-inch-diameter deep-dish glass pie dish with nonstick spray. Stir all apples, 3/4 cup sugar, lemon juice, 1/2 teaspoon cinnamon, and vanilla in large bowl to blend.
- ☐ Let stand until juices form, about 15 minutes.
- ☐ Mix in flour.
- ☐ Roll out 1 dough disk on lightly floured surface to 12-inch round.
- ☐ Place dough in prepared pie dish. Spoon in filling; dot with butter.
- ☐ Roll out second dough disk to 13-inch round. Using small bottle cap, cut out ten 1/2-inch-diameter circles from dough for decoration; discard circles. Drape dough over filling. Seal top and bottom crust edges together; trim to 1/2-inch overhang. Fold overhang under; crimp decoratively.
- ☐ Brush pie with milk.

- ☐
- Combine remaining 1 tablespoon sugar and large pinch of cinnamon in small bowl; sprinkle over pie.
- ☐
- Transfer pie to baking sheet; place in oven. Immediately reduce temperature to 375°F.
- ☐
- Bake pie until crust is golden brown, apples are tender and filling is bubbling thickly, covering edge with foil if browning too quickly, about 2 hours. Cool 30 minutes.
- ☐
- Serve warm or at room temperature. (Can be made 1 day ahead. Cover loosely; store at room temperature.)

Nutrition Facts



Properties

Glycemic Index:31.51, Glycemic Load:20.88, Inflammation Score:-3, Nutrition Score:4.2182608661444%

Flavonoids

Cyanidin: 3.12mg, Cyanidin: 3.12mg, Cyanidin: 3.12mg, Cyanidin: 3.12mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.58mg, Catechin: 2.58mg, Catechin: 2.58mg, Catechin: 2.58mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 14.94mg, Epicatechin: 14.94mg, Epicatechin: 14.94mg, Epicatechin: 14.94mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg

Nutrients (% of daily need)

Calories: 331.99kcal (16.6%), Fat: 17.54g (26.99%), Saturated Fat: 5.99g (37.45%), Carbohydrates: 47.04g (15.68%), Net Carbohydrates: 42.19g (15.34%), Sugar: 39.5g (43.89%), Cholesterol: 11.51mg (3.84%), Sodium: 149.75mg (6.51%), Alcohol: 0.09g (100%), Alcohol %: 0.04% (100%), Protein: 0.73g (1.45%), Fiber: 4.86g (19.43%), Vitamin C: 9.38mg (11.36%), Vitamin K: 11.6µg (11.04%), Vitamin E: 1.27mg (8.46%), Potassium: 219.37mg (6.27%), Manganese: 0.1mg (4.99%), Vitamin A: 241.8IU (4.84%), Vitamin B6: 0.08mg (4.19%), Vitamin B2: 0.06mg (3.8%), Vitamin B1: 0.05mg (3.01%), Copper: 0.06mg (2.96%), Magnesium: 10.68mg (2.67%), Phosphorus: 26.14mg (2.61%), Vitamin B5: 0.23mg (2.26%), Folate: 7.96µg (1.99%), Calcium: 17.56mg (1.76%), Iron: 0.31mg (1.74%), Vitamin B3: 0.24mg (1.22%)