



Cornmeal Streusel Apple Pie

READY IN



45 min.

SERVINGS



10

CALORIES



815 kcal

DESSERT

Ingredients

- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 3 pound deep-dish apple pie frozen with mrs. smith's
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 ounces sharp cheddar cheese shredded
- ☐ 0.3 cup butter unsalted softened
- ☐ 0.5 cup walnuts chopped
- ☐ 3 tablespoons cornmeal yellow

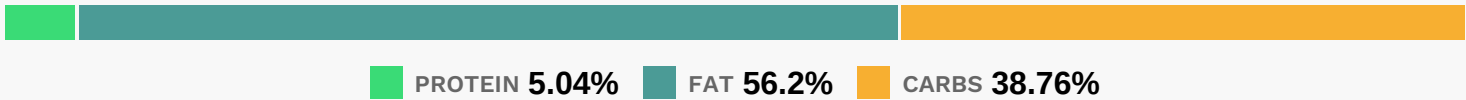
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack

Directions

- ☐ Stir together first 6 ingredients in a medium bowl; stir in cheese. Gently work in butter with fingertips until mixture forms large crumbs. Cover and chill 30 minutes.
- ☐ Meanwhile, remove frozen pie from aluminum pieplate and place in an ungreased 10" deep-dish pieplate.
- ☐ Cut slits in top crust according to package directions.
- ☐ Bake, uncovered, at 375 for 50 minutes.
- ☐ Remove from oven.
- ☐ Sprinkle cornmeal streusel over pie, mounding slightly in center.
- ☐ Bake, uncovered, 20 to 25 more minutes or until browned and bubbly. Cool in pieplate on a wire rack at least 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:26.55, Glycemic Load:2.68, Inflammation Score:-5, Nutrition Score:12.386956581927%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg

Nutrients (% of daily need)

Calories: 814.63kcal (40.73%), Fat: 51.21g (78.78%), Saturated Fat: 16.44g (102.78%), Carbohydrates: 79.46g (26.49%), Net Carbohydrates: 76.73g (27.9%), Sugar: 10.92g (12.13%), Cholesterol: 21.94mg (7.31%), Sodium: 521.65mg (22.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.34g (20.67%), Manganese: 0.92mg (45.88%), Folate: 117.22µg (29.31%), Vitamin B1: 0.36mg (23.85%), Vitamin K: 21.29µg (20.28%), Iron: 3.54mg (19.68%), Vitamin B3: 3.7mg (18.48%), Phosphorus: 150.38mg (15.04%), Vitamin B2: 0.24mg (14.41%), Selenium:

9.17µg (13.1%), Vitamin E: 1.96mg (13.08%), Copper: 0.22mg (11.01%), Fiber: 2.73g (10.92%), Magnesium: 36.21mg (9.05%), Calcium: 86.09mg (8.61%), Zinc: 1.14mg (7.58%), Vitamin B6: 0.12mg (6.15%), Vitamin B5: 0.6mg (5.98%), Potassium: 183.33mg (5.24%), Vitamin A: 247.57IU (4.95%), Vitamin B12: 0.07µg (1.22%)