

## Crumb Apple Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



304 kcal

DESSERT

### Ingredients

- ☐ 6 apples cored peeled sliced
- ☐ 0.8 cup brown sugar packed
- ☐ 0.3 cup butter
- ☐ 0.5 cup flour all-purpose
- ☐ 3 teaspoons ground cinnamon
- ☐ 1 teaspoon ground nutmeg
- ☐ 0.8 cup sugar white

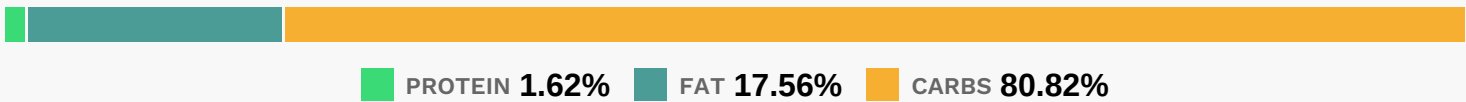
### Equipment

- ☐ bowl
- ☐ oven

## Directions

- ☐ Mix the white sugar 1 tablespoon of the cinnamon and the nutmeg together in a small bowl.
- ☐ Layer apples then sugar mixture. Then repeat the layering until out of apples.
- ☐ Mix together the flour and brown sugar and cinnamon and butter. Use a fork until it becomes crumbly.
- ☐ Sprinkle mixture on top of apples.
- ☐ Bake in a preheated 425 degree F (220 degree C) oven for 40–50 minutes. Cover the top for the remaining 15 minutes to avoid over browning.

## Nutrition Facts



## Properties

Glycemic Index:37.76, Glycemic Load:22.44, Inflammation Score:-3, Nutrition Score:4.2834782658712%

## Flavonoids

Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

## Nutrients (% of daily need)

Calories: 304.01kcal (15.2%), Fat: 6.22g (9.57%), Saturated Fat: 3.76g (23.52%), Carbohydrates: 64.44g (21.48%), Net Carbohydrates: 60.5g (22%), Sugar: 53.03g (58.92%), Cholesterol: 15.25mg (5.08%), Sodium: 53.21mg (2.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.58%), Fiber: 3.94g (15.75%), Manganese: 0.25mg (12.66%), Vitamin C: 6.32mg (7.65%), Vitamin B1: 0.09mg (5.73%), Potassium: 188.03mg (5.37%), Vitamin A: 253.45IU (5.07%), Folate: 19.05µg (4.76%), Vitamin B2: 0.08mg (4.74%), Selenium: 3.11µg (4.44%), Iron: 0.75mg (4.19%), Calcium: 36.35mg (3.63%), Vitamin K: 3.76µg (3.58%), Vitamin B6: 0.07mg (3.48%), Copper: 0.06mg

(3.21%), Vitamin B3: 0.62mg (3.12%), Vitamin E: 0.43mg (2.88%), Magnesium: 11.45mg (2.86%), Phosphorus: 26.99mg (2.7%), Vitamin B5: 0.16mg (1.55%)