



WHATSheATE



Crumb-Topped Apple Pie

READY IN



120 min.

SERVINGS



8

CALORIES



431 kcal

DESSERT

Ingredients

- ☐ 1.3 cups flour all-purpose
- ☐ 3 pounds apples i use 2 granny smith apples cored peeled cut into 1/2-inch-thick slices (6 large)
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup brown sugar light packed
- ☐ 1 pie crust dough
- ☐ 0.8 cup sugar
- ☐ 6 tablespoons butter unsalted melted

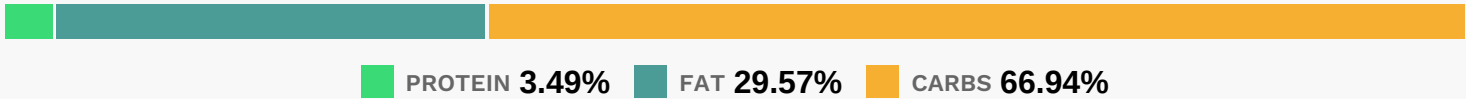
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Roll out pie dough on a lightly floured surface into an 11-inch circle. Fit into a 9-inch pie pan and trim edges so they overhang by 1 inch. Fold dough under to create a double-thick edge; crimp decoratively.
- ☐ Place in freezer for 15 minutes.
- ☐ Preheat oven to 350F. Line a rimmed baking sheet with foil and set it on lower rack.
- ☐ Combine butter, brown sugar and 1 cup flour in a medium mixing bowl. Pinch with fingers until large crumbs form.
- ☐ Place bowl in freezer.
- ☐ In a large bowl, combine apples, sugar, lemon juice, cinnamon and remaining 1/4 cup flour. Toss to coat and let stand 10 minutes, stirring occasionally to dissolve sugar. Scrape mixture into pie crust, arranging apples as compactly as possible.
- ☐ Set pie on baking sheet and bake for 35 minutes.
- ☐ Sprinkle reserved crumb topping over apples and bake until topping is golden brown, 40 to 50 minutes longer.
- ☐ Let cool on a wire rack before serving.

Nutrition Facts



Properties

Glycemic Index:22.76, Glycemic Load:30.08, Inflammation Score:-5, Nutrition Score:7.4626087235368%

Flavonoids

Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 12.81mg, Epicatechin: 12.81mg, Epicatechin: 12.81mg, Epicatechin: 12.81mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg

Nutrients (% of daily need)

Calories: 430.98kcal (21.55%), Fat: 14.6g (22.47%), Saturated Fat: 7.21g (45.04%), Carbohydrates: 74.37g (24.79%), Net Carbohydrates: 69.15g (25.15%), Sugar: 43.18g (47.98%), Cholesterol: 22.58mg (7.53%), Sodium: 92.3mg (4.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.76%), Fiber: 5.21g (20.85%), Vitamin B1: 0.24mg (16.11%), Manganese: 0.31mg (15.71%), Folate: 56.49µg (14.12%), Selenium: 8.14µg (11.63%), Vitamin B2: 0.18mg (10.84%), Vitamin C: 8.55mg (10.37%), Iron: 1.74mg (9.64%), Vitamin B3: 1.9mg (9.49%), Vitamin A: 354.94IU (7.1%), Potassium: 238.02mg (6.8%), Vitamin K: 6.13µg (5.83%), Phosphorus: 58.13mg (5.81%), Copper: 0.1mg (4.85%), Vitamin B6: 0.09mg (4.66%), Vitamin E: 0.67mg (4.43%), Magnesium: 17.01mg (4.25%), Vitamin B5: 0.3mg (2.99%), Calcium: 26.95mg (2.7%), Zinc: 0.32mg (2.11%), Vitamin D: 0.16µg (1.05%)