



Deep-Dish Apple Pie

READY IN



135 min.

SERVINGS



10

CALORIES



470 kcal

DESSERT

Ingredients

- 1 eggs with 1 tablespoon water, for egg wash beaten
- 0.3 cup flour all-purpose
- 3 cups flour all-purpose
- 4 pounds granny smith apples cored peeled quartered
- 0.1 teaspoon ground allspice
- 0.8 teaspoon ground cinnamon
- 0.5 teaspoon ground nutmeg
- 0.5 cup ice water
- 1 teaspoon kosher salt

- 2 tablespoons juice of lemon freshly squeezed
- 1 lemon zest
- 1 tablespoon orange juice freshly squeezed
- 1 orange zest
- 0.5 cup sugar
- 1 tablespoon sugar
- 12 tablespoons butter unsalted very cold ()
- 0.3 cup vegetable shortening very cold

Equipment

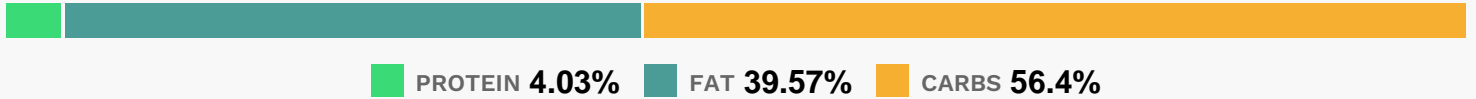
- food processor
- bowl
- frying pan
- oven
- plastic wrap
- pie form

Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F.
- Cut each apple quarter in thirds crosswise and combine in a bowl with the zests, juices, 1/2 cup sugar, flour, salt, cinnamon, nutmeg, and allspice.
- Roll out half the pie dough and drape it over a 9- or 10-inch pie pan to extend about 1/2-inch over the rim. Don't stretch the dough; if it's too small, just put it back on the board and re-roll it.
- Fill the pie with the apple mixture.
- Brush the edge of the bottom pie crust with the egg wash so the top crust will adhere. Top with the second crust and trim the edges to about 1-inch over the rim. Tuck the edge of the top crust under the edge of the bottom crust and crimp the 2 together with your fingers or a fork.

- Brush the entire top crust with the egg wash, sprinkle with 1 teaspoon sugar, and cut 4 or 5 slits.
- Place the pie on a sheet pan and bake for 1 to 1 1/4 hours, or until the crust is browned and the juices begin to bubble out.
- Serve warm.
- Dice the butter and return it to the refrigerator while you prepare the flour mixture.
- Place the flour, salt, and sugar in the bowl of a food processor fitted with a steel blade and pulse a few times to mix.
- Add the butter and shortening. Pulse 8 to 12 times, until the butter is the size of peas. With the machine running, pour the ice water down the feed tube and pulse the machine until the dough begins to form a ball. Dump out on a floured board and roll into a ball. Wrap in plastic wrap and refrigerate for 30 minutes.
- Cut the dough in half.
- Roll each piece on a well-floured board into a circle, rolling from the center to the edge, turning and flouring the dough to make sure it doesn't stick to the board. Fold the dough in half, place in a pie pan, and unfold to fit the pan. Repeat with the top crust.

Nutrition Facts



Properties

Glycemic Index:46.42, Glycemic Load:36.98, Inflammation Score:-6, Nutrition Score:9.9778260394283%

Flavonoids

Cyanidin: 2.85mg, Cyanidin: 2.85mg, Cyanidin: 2.85mg, Cyanidin: 2.85mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.36mg, Catechin: 2.36mg, Catechin: 2.36mg, Catechin: 2.36mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.66mg, Epicatechin: 13.66mg, Epicatechin: 13.66mg, Epicatechin: 13.66mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg 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: 7.29mg, Quercetin: 7.29mg, Quercetin: 7.29mg, Quercetin: 7.29mg

Nutrients (% of daily need)

Calories: 470.04kcal (23.5%), Fat: 21.26g (32.7%), Saturated Fat: 10.48g (65.51%), Carbohydrates: 68.17g (22.72%), Net Carbohydrates: 62.41g (22.7%), Sugar: 30.44g (33.82%), Cholesterol: 36.12mg (12.04%), Sodium: 238.27mg (10.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.87g (9.75%), Vitamin B1: 0.36mg (23.76%), Fiber: 5.76g (23.04%), Folate: 81.93µg (20.48%), Selenium: 14.04µg (20.05%), Manganese: 0.37mg (18.64%), Vitamin C: 12.78mg (15.49%), Vitamin B2: 0.26mg (15.2%), Vitamin B3: 2.6mg (12.99%), Iron: 2.16mg (11.98%), Vitamin A: 527.41IU (10.55%), Vitamin K: 8.97µg (8.55%), Vitamin E: 1.17mg (7.82%), Potassium: 253.16mg (7.23%), Phosphorus: 69.06mg (6.91%), Copper: 0.12mg (5.9%), Vitamin B6: 0.1mg (4.92%), Magnesium: 19.52mg (4.88%), Vitamin B5: 0.37mg (3.69%), Calcium: 26.71mg (2.67%), Zinc: 0.39mg (2.58%), Vitamin D: 0.25µg (1.68%)