



Deep-Dish Apple Pie

READY IN



150 min.

SERVINGS



12

CALORIES



489 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
- 12 servings perfect piecrust (see below)
- 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

- Preheat the oven to 400 degrees.
- 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 (see right) and drape it over the 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 piecrust 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 two together with your fingers or a fork.

- Brush the entire top crust with the egg wash, sprinkle with 1 teaspoon sugar and cut four or five 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.
- Photograph by Quentin Bacon

Nutrition Facts



Properties

Glycemic Index:38.68, Glycemic Load:30.82, Inflammation Score:-6, Nutrition Score:9.7282609641552%

Flavonoids

Cyanidin: 2.37mg, Cyanidin: 2.37mg, Cyanidin: 2.37mg, Cyanidin: 2.37mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 11.39mg, Epicatechin: 11.39mg, Epicatechin: 11.39mg, Epicatechin: 11.39mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg

Luteolin: 0.18mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg

Nutrients (% of daily need)

Calories: 488.81kcal (24.44%), Fat: 23.25g (35.78%), Saturated Fat: 10.47g (65.43%), Carbohydrates: 67.14g (22.38%), Net Carbohydrates: 61.81g (22.48%), Sugar: 25.37g (28.19%), Cholesterol: 30.1mg (10.03%), Sodium: 285.47mg (12.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.37g (10.74%), Vitamin B1: 0.36mg (23.7%), Fiber: 5.33g (21.33%), Folate: 83.15µg (20.79%), Manganese: 0.4mg (20.23%), Selenium: 12.91µg (18.44%), Vitamin B2: 0.25mg (14.79%), Vitamin B3: 2.74mg (13.69%), Iron: 2.35mg (13.05%), Vitamin C: 10.65mg (12.91%), Vitamin A: 439.72IU (8.79%), Vitamin K: 9.03µg (8.6%), Phosphorus: 72.85mg (7.28%), Vitamin E: 1.08mg (7.17%), Potassium: 231.58mg (6.62%), Copper: 0.11mg (5.71%), Magnesium: 19.45mg (4.86%), Vitamin B6: 0.09mg (4.63%), Vitamin B5: 0.39mg (3.94%), Zinc: 0.42mg (2.79%), Calcium: 26.29mg (2.63%), Vitamin D: 0.21µg (1.4%)