



Deep-Dish Apple Pie

READY IN



45 min.

SERVINGS



8

CALORIES



660 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon cinnamon
- ☐ 1 tablespoon cornstarch
- ☐ 1 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 5 tablespoons flour all-purpose
- ☐ 3.5 pounds granny smith apples cored peeled sliced
- ☐ 1 pinch ground cloves
- ☐ 1 pinch ground nutmeg
- ☐ 2 tablespoons juice of lemon

- ☐ 1 lemon zest
- ☐ 0.8 cup brown sugar light
- ☐ 1 tablespoon milk
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons butter unsalted chilled cut into small pieces
- ☐ 16 Tbsp butter unsalted chilled cut into pieces
- ☐ 2 tablespoons vegetable shortening chilled

Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

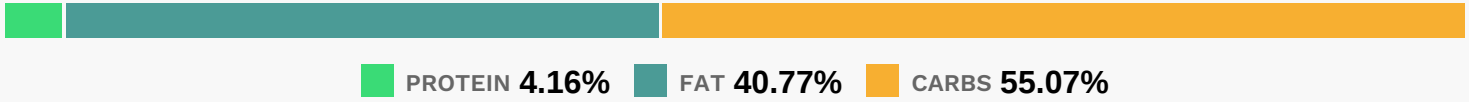
Directions

- ☐ Mix flour, sugar and salt.
- ☐ Cut in butter and shortening.
- ☐ Add 1/3 cup ice water; mix until dough holds together. Divide and form into 2 disks. Wrap; chill for 45 minutes.
- ☐ Preheat oven to 400F.
- ☐ Roll out one disk to an 11-inch round; place in 9-inch pie plate. Trim overhang to 1/2 inch.
- ☐ Roll out second disk.
- ☐ Make filling: Toss apples, sugar, flour, cornstarch, lemon zest and juice, salt and spices. Spoon into pie plate. Dot with butter.
- ☐ Whisk egg with milk.
- ☐ Brush overhang with glaze, place pastry on top. Trim to 1/2 inch. Crimp pastry to seal.

- ☐
- Brush pie with glaze; sprinkle with sugar.

☐☐

Nutrition Facts



Properties

Glycemic Index:54.4, Glycemic Load:38.91, Inflammation Score:-7, Nutrition Score:13.022608736287%

Flavonoids

Cyanidin: 3.12mg, Cyanidin: 3.12mg, Cyanidin: 3.12mg, Cyanidin: 3.12mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.58mg, Catechin: 2.58mg, Catechin: 2.58mg, Catechin: 2.58mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 14.94mg, Epicatechin: 14.94mg, Epicatechin: 14.94mg, Epicatechin: 14.94mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 7.97mg, Quercetin: 7.97mg, Quercetin: 7.97mg, Quercetin: 7.97mg

Nutrients (% of daily need)

Calories: 659.95kcal (33%), Fat: 30.65g (47.15%), Saturated Fat: 17.59g (109.93%), Carbohydrates: 93.16g (31.05%), Net Carbohydrates: 86.74g (31.54%), Sugar: 45.57g (50.64%), Cholesterol: 92.06mg (30.69%), Sodium: 458.34mg (19.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.03g (14.06%), Vitamin B1: 0.45mg (29.74%), Selenium: 20.08µg (28.68%), Folate: 105.37µg (26.34%), Fiber: 6.42g (25.67%), Manganese: 0.49mg (24.73%), Vitamin B2: 0.35mg (20.62%), Vitamin A: 942.61IU (18.85%), Vitamin B3: 3.28mg (16.4%), Iron: 2.94mg (16.34%), Vitamin C: 11.56mg (14.01%), Phosphorus: 101.23mg (10.12%), Vitamin E: 1.41mg (9.37%), Potassium: 320.95mg (9.17%), Vitamin K: 8.58µg (8.17%), Copper: 0.15mg (7.59%), Vitamin B6: 0.13mg (6.45%), Magnesium: 25.53mg (6.38%), Calcium: 54.63mg (5.46%), Vitamin B5: 0.54mg (5.42%), Vitamin D: 0.62µg (4.16%), Zinc: 0.58mg (3.85%), Vitamin B12: 0.12µg (2%)