



Deep Dish Ontario Apple Pie

READY IN



100 min.

SERVINGS



8

CALORIES



324 kcal

DESSERT

Ingredients

- 3 cups apples chopped
- 0.5 cup brown sugar
- 3 tablespoons butter chilled
- 1 eggs lightly beaten
- 0.5 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground nutmeg
- 0.5 teaspoon salt
- 1 cup cup heavy whipping cream sour

- 1 9-inch unbaked pie crust ()
- 1 teaspoon vanilla extract

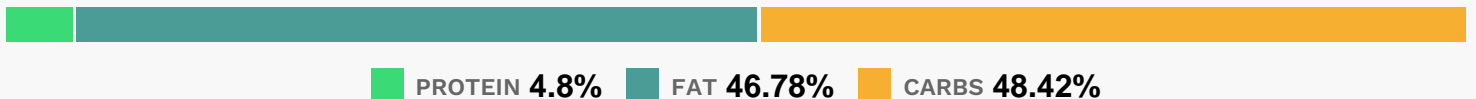
Equipment

- bowl
- oven
- whisk

Directions

- Preheat oven to 450 degrees F (230 degrees C).
- Whisk 3/4 cup brown sugar, 1 1/2 tablespoons flour, and salt together in a large bowl; whisk in sour cream, egg, and vanilla extract. Stir in apples; turn apple mixture into unbaked pie crust.
- Bake in the preheated oven for 10 minutes.
- Remove pie from oven; reduce oven temperature to 350 degrees F (175 degrees C).
- Place 1/2 cup flour, 1/2 cup brown sugar, cinnamon, and nutmeg in a bowl.
- Cut in butter until mixture resembles coarse crumbs; sprinkle crumble topping evenly over pie.
- Bake pie until apples are tender, about 30 minutes. Cool before serving, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:6.05, Inflammation Score:-4, Nutrition Score:5.4517390831657%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol:

0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 324.46kcal (16.22%), Fat: 17.08g (26.28%), Saturated Fat: 7.87g (49.2%), Carbohydrates: 39.77g (13.26%), Net Carbohydrates: 37.65g (13.69%), Sugar: 19.34g (21.49%), Cholesterol: 48.71mg (16.24%), Sodium: 302.64mg (13.16%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Protein: 3.94g (7.88%), Manganese: 0.24mg (12.13%), Selenium: 7.05µg (10.08%), Vitamin B2: 0.17mg (9.95%), Vitamin B1: 0.15mg (9.79%), Folate: 37.92µg (9.48%), Fiber: 2.12g (8.48%), Vitamin A: 366.44IU (7.33%), Iron: 1.31mg (7.28%), Phosphorus: 66.6mg (6.66%), Vitamin B3: 1.23mg (6.17%), Calcium: 56.4mg (5.64%), Potassium: 148.13mg (4.23%), Vitamin B5: 0.37mg (3.7%), Vitamin K: 3.77µg (3.59%), Vitamin E: 0.5mg (3.32%), Magnesium: 13.13mg (3.28%), Vitamin B6: 0.06mg (3.14%), Copper: 0.06mg (3.04%), Vitamin C: 2.43mg (2.94%), Zinc: 0.37mg (2.46%), Vitamin B12: 0.12µg (1.97%)