



Double Apple Pie With Cornmeal Crust

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



351 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons apple jelly
- ☐ 2.3 pounds braeburn apples
- ☐ 1 tablespoon butter cut into pieces
- ☐ 8 servings brandy-caramel sauce
- ☐ 8 servings cornmeal crust dough
- ☐ 0.3 cup flour all-purpose
- ☐ 2.3 pounds granny smith apples
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon sugar
- ☐ 3 tablespoons sugar

Equipment

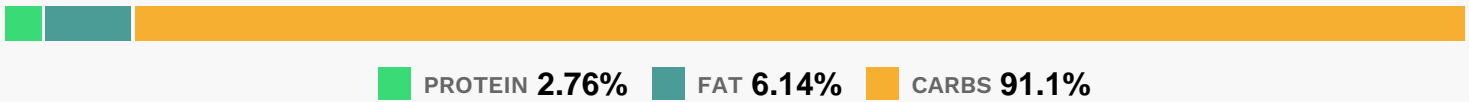
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil
- ☐ wax paper
- ☐ rolling pin

Directions

- ☐ Preheat oven to 42
- ☐ Peel and core apples; cut into 1/2-inch-thick wedges.
- ☐ Place apples in a large bowl. Stir in next 7 ingredients.
- ☐ Let stand 30 minutes, gently stirring occasionally.
- ☐ Place 1 Cornmeal Crust Dough disk on a lightly floured piece of wax paper; sprinkle dough lightly with flour. Top with another sheet of wax paper.
- ☐ Roll dough to about 1/8-inch thickness (about 11 inches wide).
- ☐ Remove and discard top sheet of wax paper. Starting at 1 edge of dough, wrap dough around rolling pin, separating dough from bottom sheet of wax paper as you roll. Discard bottom sheet of wax paper.
- ☐ Place rolling pin over a 9-inch glass pie plate, and unroll dough over pie plate. Gently press dough into pie plate.

- ☐ Stir apple mixture; reserve 1 Tbsp. juices. Spoon apples into crust, packing tightly and mounding in center.
- ☐ Pour remaining juices in bowl over apples.
- ☐ Sprinkle apples with 3 Tbsp. sugar; dot with butter.
- ☐ Roll remaining Cornmeal Crust Dough disk as directed in Step 2, rolling dough to about 1/8-inch thickness (13 inches wide).
- ☐ Remove and discard wax paper, and place dough over filling; fold edges under, sealing to bottom crust, and crimp.
- ☐ Brush top of pie, excluding fluted edges, lightly with reserved 1 Tbsp. juices from apples; sprinkle with 1 tsp. sugar.
- ☐ Place pie on a jelly-roll pan.
- ☐ Cut 4 to 5 slits in top of pie for steam to escape.
- ☐ Bake at 425 on lower oven rack 15 minutes. Reduce oven temperature to 350; transfer pie to middle oven rack, and bake 35 minutes. Cover loosely with aluminum foil to prevent excessive browning, and bake 30 more minutes or until juices are thick and bubbly, crust is golden brown, and apples are tender when pierced with a long wooden pick through slits in crust.
- ☐ Remove to a wire rack. Cool 1 1/2 to 2 hours before serving.
- ☐ Serve with Brandy-Caramel Sauce.

Nutrition Facts



Properties

Glycemic Index:74.72, Glycemic Load:27, Inflammation Score:-4, Nutrition Score:6.4686957027601%

Flavonoids

Cyanidin: 4.01mg, Cyanidin: 4.01mg, Cyanidin: 4.01mg, Cyanidin: 4.01mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.32mg, Catechin: 3.32mg, Catechin: 3.32mg, Catechin: 3.32mg Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg Epicatechin: 19.21mg, Epicatechin: 19.21mg, Epicatechin: 19.21mg, Epicatechin: 19.21mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg 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: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Quercetin: 10.24mg, Quercetin: 10.24mg, Quercetin: 10.24mg, Quercetin: 10.24mg

Nutrients (% of daily need)

Calories: 350.52kcal (17.53%), Fat: 2.55g (3.93%), Saturated Fat: 1.1g (6.87%), Carbohydrates: 85.27g (28.42%), Net Carbohydrates: 77.96g (28.35%), Sugar: 65.3g (72.56%), Cholesterol: 3.76mg (1.25%), Sodium: 225.13mg (9.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.17%), Fiber: 7.31g (29.24%), Vitamin C: 13.11mg (15.89%), Manganese: 0.23mg (11.33%), Potassium: 343.03mg (9.8%), Vitamin B6: 0.17mg (8.38%), Phosphorus: 72.12mg (7.21%), Vitamin B1: 0.11mg (7.04%), Magnesium: 26.86mg (6.71%), Vitamin B2: 0.1mg (6.01%), Vitamin K: 5.81µg (5.53%), Copper: 0.11mg (5.3%), Folate: 20.04µg (5.01%), Iron: 0.83mg (4.62%), Vitamin A: 218.06IU (4.36%), Calcium: 39.17mg (3.92%), Vitamin E: 0.57mg (3.81%), Selenium: 2.65µg (3.78%), Vitamin B3: 0.72mg (3.58%), Vitamin B5: 0.3mg (3.01%), Zinc: 0.45mg (3%), Vitamin B12: 0.08µg (1.25%)