



Double-Crust Apple Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



326 kcal

DESSERT

Ingredients

- ☐ 6 apples—peeled cored thinly sliced cut into 1-inch chunks or
- ☐ 2 plus 1 tablespoon butter unsalted cold cubed
- ☐ 0.3 teaspoon cinnamon
- ☐ 2.8 cups flour for dusting all-purpose plus more
- ☐ 0.5 cup ice water
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar

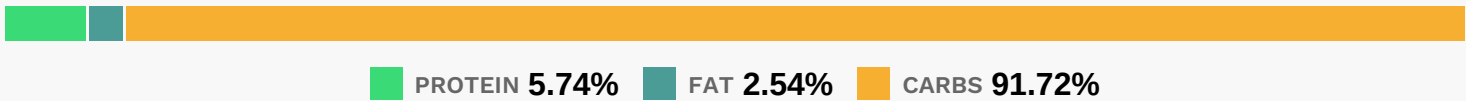
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a food processor, pulse 2 1/2 cups of the flour and the salt.
- ☐ Add 2 sticks of the butter and pulse until it is the size of peas.
- ☐ Drizzle on the ice water and pulse until evenly moistened crumbs form; turn out onto a surface and form into a ball. Divide the dough in half. Flatten into disks, wrap in plastic and refrigerate until firm.
- ☐ Preheat the oven to 37
- ☐ Set a baking sheet on the bottom rack. In a bowl, toss the apples, lemon juice, sugar, the remaining 1/4 cup of flour and the cinnamon.
- ☐ On a floured surface, roll a disk of the dough to a 13-inch round; fit it into a deep 10-inch glass pie plate and brush the overhang with water. Spoon in the apples and top with the remaining 1 tablespoon of cubed butter.
- ☐ Roll out the second disk of dough to a 12-inch round and center it over the filling. Press the edges of dough together and trim the overhang to a scant 1 inch, fold the overlay under itself and crimp.
- ☐ Cut a few slits in the top crust for steam to escape.
- ☐ Bake the pie in the center of the oven for 1 hour and 10 minutes, until the crust is golden. Cover the edge of the pie if it begins to darken.
- ☐ Let the pie cool for at least 4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:29.01, Glycemic Load:46.16, Inflammation Score:-4, Nutrition Score:8.2465218309637%

Flavonoids

Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg 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: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg

Nutrients (% of daily need)

Calories: 326.41kcal (16.32%), Fat: 0.95g (1.45%), Saturated Fat: 0.23g (1.47%), Carbohydrates: 76.84g (25.61%), Net Carbohydrates: 72.36g (26.31%), Sugar: 39.36g (43.73%), Cholesterol: 0.54mg (0.18%), Sodium: 150.21mg (6.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.62%), Vitamin B1: 0.36mg (24.1%), Selenium: 14.73µg (21.04%), Folate: 83.49µg (20.87%), Fiber: 4.48g (17.92%), Manganese: 0.35mg (17.68%), Vitamin B2: 0.25mg (14.89%), Vitamin B3: 2.67mg (13.33%), Iron: 2.18mg (12.11%), Vitamin C: 7.73mg (9.37%), Phosphorus: 61.82mg (6.18%), Potassium: 196.75mg (5.62%), Copper: 0.1mg (5.19%), Magnesium: 16.7mg (4.17%), Vitamin B6: 0.08mg (3.84%), Vitamin K: 3.17µg (3.02%), Vitamin B5: 0.28mg (2.77%), Zinc: 0.36mg (2.42%), Vitamin E: 0.28mg (1.9%), Calcium: 16.33mg (1.63%), Vitamin A: 80.37IU (1.61%)