



WHATSheATE



## Double-Crusted Apple Pie

READY IN



45 min.

SERVINGS



10

CALORIES



350 kcal

DESSERT

### Ingredients

- ☐ 1 tablespoon butter chilled cut into small pieces
- ☐ 1 tablespoon milk fat-free
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 2.5 cups flour all-purpose
- ☐ 3 pounds apples i use 2 granny smith apples peeled thinly sliced
- ☐ 0.8 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 cup ice water

- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 0.5 cup vegetable shortening

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ measuring cup

## Directions

- ☐ To prepare pastry, lightly spoon 2 1/2 cups flour into dry measuring cups; level with a knife.
- ☐ Combine 2 1/2 cups flour and 1/2 teaspoon salt in a large bowl, stirring well with a whisk; cut in shortening with a pastry blender or two knives until mixture resembles coarse meal. Gradually add ice water; toss with a fork until flour mixture is moist. Divide the dough into 2 equal portions. Gently press each portion into a 4-inch circle on heavy-duty plastic wrap; cover and chill 30 minutes.
- ☐ Preheat oven to 42
- ☐ Slightly overlap 2 sheets of plastic wrap on a slightly damp surface. Unwrap and place 1 portion of chilled dough on plastic wrap. Cover dough with 2 additional sheets of overlapping plastic wrap.
- ☐ Roll dough, still covered, into a 12-inch circle.
- ☐ Place dough in freezer 5 minutes or until plastic wrap can be easily removed.

- ☐ Remove top sheets of plastic wrap; fit dough, plastic wrap side up, into a 9-inch deep-dish pie plate coated with cooking spray.
- ☐ Remove remaining plastic wrap.
- ☐ To prepare filling, combine apple and next 5 ingredients (through nutmeg); toss gently to coat. Spoon apple mixture into prepared pie plate; top with butter.
- ☐ Slightly overlap 2 sheets of plastic wrap on a slightly damp surface. Unwrap and place remaining portion of chilled dough on plastic wrap. Cover dough with 2 additional sheets of overlapping plastic wrap.
- ☐ Roll dough, still covered, into an 11-inch circle.
- ☐ Place dough in freezer 5 minutes or until plastic wrap can be easily removed.
- ☐ Remove top sheets of plastic wrap; fit dough, plastic wrap side up, over apple mixture.
- ☐ Remove remaining plastic wrap. Press edges of dough together. Fold edges under, and flute.
- ☐ Cut several slits in top of dough to allow steam to escape.
- ☐ To prepare topping, brush top of dough with milk; sprinkle turbinado sugar evenly over dough.
- ☐ Place pie plate on a foil-lined baking sheet; bake at 425 for 10 minutes. Reduce oven temperature to 350 (do not remove pie from oven); bake an additional 40 minutes or until browned. Cool on a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:41.03, Glycemic Load:33.35, Inflammation Score:-4, Nutrition Score:7.2921739628781%

## 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: 10.25mg, Epicatechin: 10.25mg, Epicatechin: 10.25mg, Epicatechin: 10.25mg 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 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: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg

Nutrients (% of daily need)

Calories: 349.87kcal (17.49%), Fat: 12g (18.47%), Saturated Fat: 3.38g (21.15%), Carbohydrates: 59.08g (19.69%), Net Carbohydrates: 54.83g (19.94%), Sugar: 29.7g (33%), Cholesterol: 3.06mg (1.02%), Sodium: 129.09mg (5.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.54%), Vitamin B1: 0.28mg (18.7%), Fiber: 4.26g (17.03%), Selenium: 11.12µg (15.88%), Folate: 63.45µg (15.86%), Manganese: 0.31mg (15.3%), Vitamin B2: 0.2mg (11.81%), Vitamin B3: 2.04mg (10.2%), Iron: 1.7mg (9.45%), Vitamin K: 8.7µg (8.29%), Vitamin C: 6.27mg (7.6%), Vitamin E: 0.93mg (6.2%), Potassium: 184.56mg (5.27%), Phosphorus: 52.11mg (5.21%), Copper: 0.09mg (4.38%), Magnesium: 14.48mg (3.62%), Vitamin B6: 0.07mg (3.57%), Vitamin B5: 0.3mg (3.02%), Vitamin A: 112.17IU (2.24%), Zinc: 0.3mg (1.98%), Calcium: 18.16mg (1.82%)