



Dungeness Crab Pie with Braised Apples and Meyer Lemon Crème Fraîche

READY IN



45 min.

SERVINGS



8

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings braised apples
- ☐ 0.7 cup butter cold cubed
- ☐ 1 tablespoon canola oil
- ☐ 0.5 pound crab meat fresh blue
- ☐ 0.5 cup cooking wine dry white
- ☐ 3 large eggs
- ☐ 1.7 cups flour all-purpose
- ☐ 2 tablespoons tarragon fresh minced

- ☐ 1.5 cups heavy whipping cream
- ☐ 1.5 teaspoons kosher salt divided
- ☐ 1 leek minced cleaned
- ☐ 8 servings meyer lemon crème fraîche
- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 3 tablespoons water cold

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

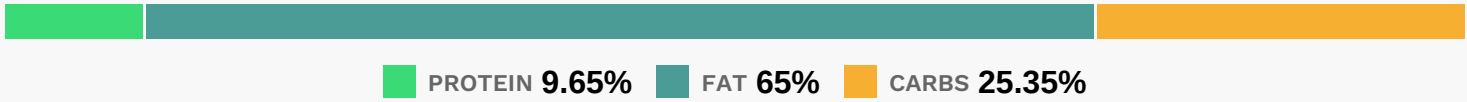
Directions

- ☐ Combine flour and 1 teaspoon kosher salt in a food processor; pulse to combine. Pulse in butter. Slowly drizzle in water, 1 tablespoon at a time, pulsing until a smooth ball of dough forms. Refrigerate dough 30 minutes.
- ☐ Roll dough into a 13-inch circle.
- ☐ Place in a 10-inch deep-dish pie plate; crimp edges of dough. Chill crust 30 minutes.
- ☐ Line crust with parchment, and fill with pie weights or dried beans.
- ☐ Bake at 375 for 20 minutes.
- ☐ Remove parchment and pie weights, and bake 10 minutes or until crust is lightly browned.
- ☐ Let cool.
- ☐ Heat oil in a medium skillet over medium-high heat.
- ☐ Add leek, and cook, stirring often, 5 minutes or until softened.
- ☐ Add wine, and cook 3 minutes or until most of the liquid evaporates.
- ☐ Transfer leek mixture to a large bowl.

- ☐
- Add cream, next 3 ingredients, and remaining 1/2 teaspoon kosher salt; whisk until smooth.Stir in crabmeat.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:17.69, Inflammation Score:-8, Nutrition Score:16.314782640208%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.79mg, Epicatechin: 4.79mg, Epicatechin: 4.79mg, Epicatechin: 4.79mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 528.83kcal (26.44%), Fat: 38g (58.47%), Saturated Fat: 22.04g (137.72%), Carbohydrates: 33.34g (11.11%), Net Carbohydrates: 30.79g (11.2%), Sugar: 8.94g (9.93%), Cholesterol: 179.83mg (59.94%), Sodium: 842.55mg (36.63%), Alcohol: 1.54g (100%), Alcohol %: 0.79% (100%), Protein: 12.7g (25.4%), Vitamin B12: 2.85µg (47.45%), Selenium: 27.08µg (38.69%), Vitamin A: 1604.4IU (32.09%), Vitamin B2: 0.38mg (22.49%), Manganese: 0.43mg (21.6%), Folate: 85.96µg (21.49%), Phosphorus: 185.87mg (18.59%), Copper: 0.36mg (18.19%), Vitamin B1: 0.26mg (17.26%), Zinc: 2.4mg (16.01%), Iron: 2.68mg (14.9%), Vitamin B3: 2.19mg (10.93%), Vitamin E: 1.63mg (10.86%), Calcium: 105.73mg (10.57%), Vitamin K: 11.03µg (10.5%), Vitamin B6: 0.21mg (10.41%), Fiber: 2.54g (10.16%), Magnesium: 40.51mg (10.13%), Potassium: 324.41mg (9.27%), Vitamin C: 7.45mg (9.02%), Vitamin B5: 0.74mg (7.37%), Vitamin D: 1.09µg (7.26%)