



Dutch Apple Pie

 Vegetarian

READY IN



300 min.

SERVINGS



10

CALORIES



249 kcal

DESSERT

Ingredients

- 1 tablespoon apple cider vinegar
- 0.3 cup flour for dusting all-purpose plus more the work surface
- 0.7 cup golden raisins
- 0.5 cup granulated sugar
- 1 teaspoon ground cinnamon
- 4 tablespoons water
- 0.5 cup brown sugar light packed
- 0.3 teaspoon nutmeg freshly grated

- 3 pounds pink lady apples (6 medium)
- 0.3 cup rolled oats instant uncooked (not)
- 0.5 teaspoon salt fine
- 1 tablespoon butter unsalted cut into small pieces
- 0.5 cup walnuts finely chopped

Equipment

- bowl
- baking sheet
- oven
- whisk
- wire rack
- blender
- aluminum foil

Directions

- Whisk together the flour, sugar, and salt in a large bowl. Toss the butter in the flour mixture until well coated. Using a pastry blender or 2 knives, cut the butter into the dry ingredients until it's reduced to pea-size pieces, about 3 to 4 minutes.
- Drizzle in 4 tablespoons of the ice water and mix with your hands just until the dough comes together. (
- Whisk the flour, sugars, oats, cinnamon, salt, and nutmeg in a medium bowl until evenly combined.
- Heat the oven to 425°F and arrange a rack in the lower third. Meanwhile, line a rimmed baking sheet with aluminum foil and turn up the edges of the foil to catch the juices as the pie bakes.
- Place the prepared baking sheet on the rack.
- Place the sugars, measured flour, cinnamon, salt, and nutmeg in a large bowl and whisk until evenly combined; set aside. Peel, halve, core, and slice the apples about 1/8 to 1/4 inch thick and place in the bowl.
- Add the raisins and vinegar and toss until the apples are evenly coated; set aside. On a lightly floured surface, roll out the chilled dough to about 13 inches in diameter and 1/4 inch thick.

(Don't worry if the dough cracks—just press it back together.) Line a 9-1/2-inch deep-dish pie plate with the dough and trim it flush with the top edge of the pie plate. Using your fingers or the back of a fork, crimp the dough in a decorative pattern.

- Pour in the filling and spread it into an even layer. Dot the top with the butter pieces.
- Place the pie on the hot baking sheet and bake for 20 minutes.
- Remove the baking sheet from the oven and sprinkle the streusel evenly over the top of the pie. Carefully pat the streusel onto the apples to adhere. Reduce the oven temperature to 375°F and return the pie to the oven.
- Bake until the crust is golden brown and the filling is thick and bubbling, about 40 to 50 minutes more. (Check the pie after 30 minutes: If the streusel is starting to look too dark, loosely cover the top of the pie with a sheet of aluminum foil.) When the pie is done, remove it from the oven, discard the top sheet of foil (if using), and let the pie sit on the baking sheet until the fruit stops bubbling, about 5 minutes.
- Transfer to a wire rack to cool completely and let the filling set before slicing, at least 3 hours.

Nutrition Facts



Properties

Glycemic Index:40.88, Glycemic Load:18.37, Inflammation Score:-3, Nutrition Score:5.3378260469307%

Flavonoids

Cyanidin: 2.3mg, Cyanidin: 2.3mg, Cyanidin: 2.3mg, Cyanidin: 2.3mg 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: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 248.68kcal (12.43%), Fat: 5.44g (8.37%), Saturated Fat: 1.17g (7.32%), Carbohydrates: 51.98g (17.33%), Net Carbohydrates: 47.53g (17.28%), Sugar: 40.73g (45.26%), Cholesterol: 3.01mg (1%), Sodium: 122.83mg (5.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.39%), Manganese: 0.42mg (21%), Fiber: 4.45g (17.8%),

Copper: 0.19mg (9.29%), Vitamin C: 6.65mg (8.07%), Potassium: 271.52mg (7.76%), Vitamin B6: 0.13mg (6.34%), Magnesium: 24.28mg (6.07%), Phosphorus: 59.14mg (5.91%), Vitamin B1: 0.08mg (5.2%), Vitamin B2: 0.08mg (4.92%), Iron: 0.84mg (4.68%), Folate: 16.67µg (4.17%), Vitamin K: 3.7µg (3.52%), Calcium: 32.56mg (3.26%), Selenium: 2.21µg (3.16%), Vitamin B3: 0.52mg (2.61%), Zinc: 0.37mg (2.49%), Vitamin E: 0.34mg (2.3%), Vitamin A: 110.28IU (2.21%), Vitamin B5: 0.18mg (1.83%)