



Dutch Apple Pie with Oatmeal Streusel

 Popular

READY IN

ready

45 min.

SERVINGS

servings

10

CALORIES

calories

1088 kcal

DESSERT

Ingredients

- ☐ 5 cups apples cored peeled sliced
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup butter
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 teaspoon lemon zest

- ☐ 9 inch pie shell
- ☐ 0.8 cup rolled oats
- ☐ 0.7 cup sugar white

Equipment

- ☐ bowl
- ☐ oven
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C). Fit pastry shell into pie pan and place in freezer.
- ☐ Place apples in a large bowl. In a separate bowl combine 2 tablespoons flour, white sugar, 1/2 teaspoon cinnamon, nutmeg, and allspice.
- ☐ Mix well, then add to apples. Toss until apples are evenly coated.
- ☐ Remove pie shell from freezer.
- ☐ Place apple mixture in pie shell and dot with 2 tablespoons butter or margarine.
- ☐ Lay a sheet of aluminum foil lightly on top of filling, but do not seal.
- ☐ Bake in preheated oven for 10 minutes.
- ☐ While filling is baking, make Streusel Topping: In a medium bowl combine 3/4 cup flour, 1/2 teaspoon cinnamon, brown sugar, oats, and lemon peel.
- ☐ Mix thoroughly, then cut in 1/2 cup butter or margarine until mixture is crumbly.
- ☐ Remove filling from oven and sprinkle streusel on top.
- ☐ Reduce heat to 375 degrees F (190 degrees C).
- ☐ Bake an additional 30 to 35 minutes, until streusel is browned and apples are tender. Cover loosely with aluminum foil to prevent excess browning.

Nutrition Facts



 PROTEIN 4.82%  FAT 46.88%  CARBS 48.3%

Properties

Glycemic Index:35.71, Glycemic Load:18.18, Inflammation Score:-6, Nutrition Score:16.252173872098%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg 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 Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 1087.52kcal (54.38%), Fat: 56.79g (87.37%), Saturated Fat: 20.63g (128.96%), Carbohydrates: 131.66g (43.89%), Net Carbohydrates: 124.7g (45.35%), Sugar: 30.59g (33.99%), Cholesterol: 24.4mg (8.13%), Sodium: 813.64mg (35.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.14g (26.29%), Manganese: 1.13mg (56.51%), Vitamin B1: 0.61mg (40.54%), Folate: 147.52µg (36.88%), Iron: 5.55mg (30.84%), Fiber: 6.96g (27.85%), Vitamin B3: 5.56mg (27.8%), Vitamin B2: 0.38mg (22.63%), Selenium: 15.53µg (22.18%), Phosphorus: 174.95mg (17.49%), Vitamin K: 15.49µg (14.75%), Magnesium: 42.05mg (10.51%), Copper: 0.2mg (9.83%), Vitamin B5: 0.9mg (9.04%), Potassium: 292.59mg (8.36%), Vitamin E: 1.24mg (8.25%), Zinc: 1.14mg (7.6%), Vitamin B6: 0.13mg (6.57%), Vitamin A: 319.9IU (6.4%), Calcium: 56.2mg (5.62%), Vitamin C: 3.16mg (3.83%)