



Easy Apple-Raisin Pie Slices

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



367 kcal

DESSERT

Ingredients

- ☐ 2 cups apples peeled finely chopped
- ☐ 1 tablespoon butter cut into pieces
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 6 servings whipped cream
- ☐ 0.3 cup raisins
- ☐ 1 pie crust dough refrigerated softened
- ☐ 0.3 cup sugar

☐ 1 tablespoon sugar

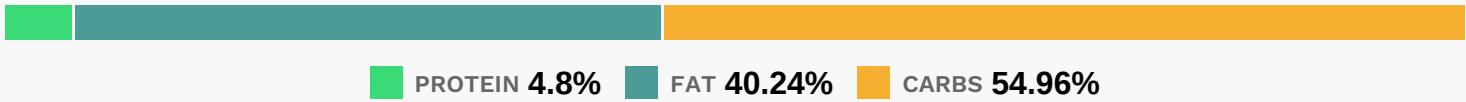
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 425F. Spray cookie sheet with cooking spray. Unroll crust.
- ☐ Place crust in center of cookie sheet.
- ☐ In medium bowl, mix 1/4 cup sugar, the flour and cinnamon.
- ☐ Add apples and raisins; toss gently to coat. Spoon apple mixture lengthwise down center third of crust to form 5-inch-wide strip to within 1/2 inch of top and bottom ends, pressing lightly to distribute evenly. Dot apple mixture with butter.
- ☐ Fold sides of crust to center, overlapping center slightly, to enclose apple mixture. Fold top and bottom ends over about 1/2 inch.
- ☐ Brush crust lightly with water; sprinkle with 1 tablespoon sugar.
- ☐ Bake 20 to 25 minutes or until crust is golden brown. Cool 15 to 20 minutes.
- ☐ Cut crosswise into slices.
- ☐ Serve with ice cream.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:21.19, Inflammation Score:-4, Nutrition Score:5.9382609025292%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg Epigallocatechin 3-gallate: 0.08mg,

Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg
Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg,
Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin:
1.67mg

Nutrients (% of daily need)

Calories: 367.17kcal (18.36%), Fat: 16.68g (25.65%), Saturated Fat: 7.21g (45.05%), Carbohydrates: 51.24g (17.08%),
Net Carbohydrates: 48.54g (17.65%), Sugar: 28.65g (31.83%), Cholesterol: 29.04mg (9.68%), Sodium: 192.94mg
(8.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.95%), Vitamin B2: 0.24mg (13.97%), Fiber: 2.7g
(10.81%), Phosphorus: 100.81mg (10.08%), Manganese: 0.2mg (9.96%), Calcium: 96.72mg (9.67%), Vitamin B1:
0.13mg (8.59%), Vitamin A: 384.6IU (7.69%), Potassium: 256.49mg (7.33%), Folate: 26.89µg (6.72%), Iron: 1.08mg
(6%), Vitamin B5: 0.53mg (5.34%), Vitamin B3: 1.02mg (5.12%), Selenium: 3.33µg (4.76%), Magnesium: 17.83mg
(4.46%), Vitamin B12: 0.26µg (4.33%), Zinc: 0.62mg (4.16%), Vitamin B6: 0.08mg (3.77%), Copper: 0.07mg (3.45%),
Vitamin C: 2.65mg (3.21%), Vitamin E: 0.48mg (3.2%), Vitamin K: 3.24µg (3.08%)