



Easy Skillet Apple Pie

READY IN



110 min.

SERVINGS



10

CALORIES



648 kcal

DESSERT

Ingredients

- ☐ 2 pounds braeburn apple
- ☐ 1 cup brown sugar light packed
- ☐ 0.5 cup butter
- ☐ 1 egg whites
- ☐ 2 pounds apples i use 2 granny smith apples
- ☐ 0.8 cup granulated sugar
- ☐ 2 tablespoons granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 10 servings whipped cream

☐ 14.1 oz pie crust dough refrigerated

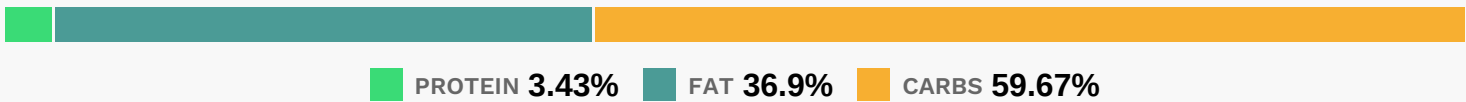
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350
- ☐ Peel apples, and cut into 1/2-inch-thick wedges. Toss apples with cinnamon and 3/4 cup granulated sugar.
- ☐ Melt butter in a 10-inch cast-iron skillet over medium heat; add brown sugar, and cook, stirring constantly, 1 to 2 minutes or until sugar is dissolved.
- ☐ Remove from heat, and place 1 piecrust in skillet over brown sugar mixture. Spoon apple mixture over piecrust, and top with remaining piecrust.
- ☐ Whisk egg white until foamy.
- ☐ Brush top of piecrust with egg white; sprinkle with 2 Tbsp. granulated sugar.
- ☐ Cut 4 or 5 slits in top for steam to escape.
- ☐ Bake at 350 for 1 hour to 1 hour and 10 minutes or until golden brown and bubbly, shielding with aluminum foil during last 10 minutes to prevent excessive browning, if necessary. Cool on a wire rack 30 minutes before serving.
- ☐ Serve with butter-pecan ice cream.

Nutrition Facts



Properties

Glycemic Index:32.02, Glycemic Load:27.99, Inflammation Score:-5, Nutrition Score:9.0691305191621%

Flavonoids

Cyanidin: 2.85mg, Cyanidin: 2.85mg, Cyanidin: 2.85mg, Cyanidin: 2.85mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.36mg, Catechin: 2.36mg, Catechin: 2.36mg, Catechin: 2.36mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.66mg, Epicatechin: 13.66mg, Epicatechin: 13.66mg, Epicatechin: 13.66mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.28mg, Quercetin: 7.28mg, Quercetin: 7.28mg, Quercetin: 7.28mg

Nutrients (% of daily need)

Calories: 647.67kcal (32.38%), Fat: 27.26g (41.93%), Saturated Fat: 13.63g (85.18%), Carbohydrates: 99.15g (33.05%), Net Carbohydrates: 93.23g (33.9%), Sugar: 71.6g (79.55%), Cholesterol: 53.44mg (17.81%), Sodium: 302.42mg (13.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.7g (11.4%), Fiber: 5.92g (23.69%), Vitamin B2: 0.29mg (17.29%), Manganese: 0.3mg (14.78%), Vitamin A: 660.46IU (13.21%), Calcium: 126.33mg (12.63%), Phosphorus: 122.22mg (12.22%), Potassium: 402.34mg (11.5%), Vitamin B1: 0.17mg (11.24%), Vitamin C: 8.75mg (10.61%), Folate: 37.42µg (9.35%), Iron: 1.5mg (8.35%), Vitamin K: 7.96µg (7.59%), Vitamin B5: 0.7mg (7.04%), Vitamin B6: 0.14mg (6.79%), Vitamin B3: 1.36mg (6.78%), Magnesium: 26.96mg (6.74%), Vitamin E: 0.98mg (6.51%), Selenium: 4.55µg (6.51%), Copper: 0.11mg (5.35%), Zinc: 0.73mg (4.87%), Vitamin B12: 0.28µg (4.66%)