



Farm Apple Pie

READY IN

ready

45 min.

SERVINGS

servings

20

CALORIES

calories

408 kcal

DESSERT

Ingredients

- ☐ 5 pounds apples cored peeled sliced
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.8 cup brown sugar packed
- ☐ 2 tablespoons butter melted
- ☐ 2 cups confectioners' sugar sifted
- ☐ 2 egg yolks
- ☐ 5 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 4 teaspoons juice of lemon

- ☐ 4 tablespoons milk
- ☐ 2 teaspoons salt
- ☐ 1.5 cups shortening
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup water or as needed
- ☐ 4 teaspoons sugar white

Equipment

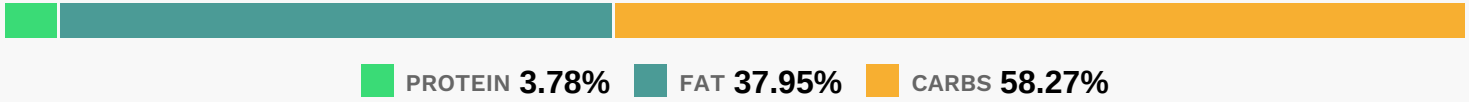
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ measuring cup

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Place apples in a bowl, and toss with lemon juice.
- ☐ Mix 3/4 cup white sugar and 3/4 cup brown sugar with cinnamon, set aside.
- ☐ In a large bowl, mix flour, 4 teaspoons sugar, salt, and baking powder.
- ☐ Cut in shortening. Beat egg yolks in a 1 cup measuring cup, add water to make 1 cup. Stir into flour mixture to form the pastry.
- ☐ Divide pastry in about half. Use the larger portion for the bottom crust.
- ☐ Roll out bottom crust to fit the bottom and extended up and over the sides of jelly roll pan (pan is about 10 X 15 inches).
- ☐ Place crust in the pan.
- ☐ Alternate layers of apples and sugar mixture on the bottom crust.
- ☐ Roll out the top crust slightly larger than the jelly roll pan, and place on top of the apple filling. Turn the extended top crust under the bottom crust at the edges and pinch to seal. Make small slits in top crust to allow steam to escape.
- ☐ Bake at 400 degrees F (200 degrees C) for 50 minutes or until the top crust is browned.

- ☐ To make glaze, combine confectioners sugar, vanilla, butter, and milk until mixture has consistency of a glaze.
- ☐ Drizzle glaze over the top of the pie while it is still warm.
- ☐ Cut into squares to serve.

Nutrition Facts



Properties

Glycemic Index:18.1, Glycemic Load:22.03, Inflammation Score:-4, Nutrition Score:7.4795652576115%

Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

Nutrients (% of daily need)

Calories: 408.47kcal (20.42%), Fat: 17.59g (27.06%), Saturated Fat: 4.87g (30.45%), Carbohydrates: 60.77g (20.26%), Net Carbohydrates: 57.15g (20.78%), Sugar: 32.62g (36.25%), Cholesterol: 22.81mg (7.6%), Sodium: 259.27mg (11.27%), Alcohol: 0.07g (100%), Alcohol %: 0.05% (100%), Protein: 3.94g (7.87%), Vitamin B1: 0.27mg (18.19%), Selenium: 11.85µg (16.93%), Folate: 63.55µg (15.89%), Fiber: 3.62g (14.49%), Manganese: 0.28mg (13.92%), Vitamin B2: 0.2mg (11.81%), Vitamin K: 10.92µg (10.4%), Vitamin B3: 1.96mg (9.82%), Iron: 1.73mg (9.64%), Vitamin E: 1.25mg (8.33%), Vitamin C: 5.61mg (6.8%), Phosphorus: 59.29mg (5.93%), Potassium: 174.63mg (4.99%), Copper: 0.08mg (4.16%), Vitamin B5: 0.39mg (3.9%), Vitamin B6: 0.07mg (3.63%), Magnesium: 13.97mg (3.49%), Calcium: 32.16mg (3.22%), Vitamin A: 127.39IU (2.55%), Zinc: 0.33mg (2.18%)