

Fireman's Apple Pie

 Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



260 kcal

DESSERT

Ingredients

- ☐ 4 apples cored peeled sliced
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup butter softened
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar white

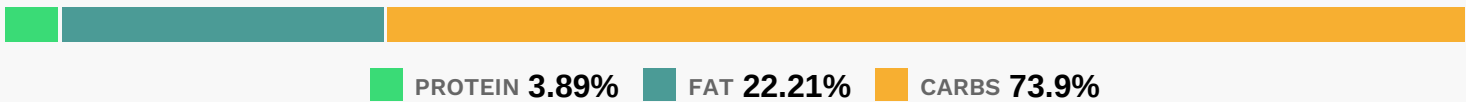
Equipment

- ☐ bowl
- ☐ oven
- ☐ pie form

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, cream margarine and sugar. Beat in the egg.
- ☐ Mix in the cinnamon, salt and flour; stir until smooth. Fold in the apples, then pour mixture into a 9 inch pie dish.
- ☐ Bake in the preheated oven for one hour. The pie will make its own crust.

Nutrition Facts



Properties

Glycemic Index:22.76, Glycemic Load:29.4, Inflammation Score:-4, Nutrition Score:4.5152173431023%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 259.62kcal (12.98%), Fat: 6.62g (10.19%), Saturated Fat: 1.41g (8.79%), Carbohydrates: 49.59g (16.53%), Net Carbohydrates: 46.91g (17.06%), Sugar: 34.48g (38.31%), Cholesterol: 20.46mg (6.82%), Sodium: 221.53mg (9.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.22%), Fiber: 2.67g (10.69%), Selenium: 7.14µg (10.2%), Vitamin B1: 0.14mg (9.4%), Folate: 33.99µg (8.5%), Manganese: 0.16mg (8.16%), Vitamin B2: 0.13mg (7.85%), Vitamin A: 332.95IU (6.66%), Iron: 0.95mg (5.3%), Vitamin C: 4.2mg (5.1%), Vitamin B3: 1.01mg (5.06%), Phosphorus: 39.49mg (3.95%), Potassium: 125.73mg (3.59%), Vitamin E: 0.45mg (3.02%), Vitamin B6: 0.05mg (2.72%), Copper: 0.05mg (2.67%), Magnesium: 8.94mg (2.23%), Vitamin B5: 0.21mg (2.15%), Vitamin K: 2.1µg (2%),

Zinc: 0.22mg (1.48%), Calcium: 14.6mg (1.46%)