



## Five-Spice Apple Pie

READY IN



45 min.

SERVINGS



6

CALORIES



669 kcal

DESSERT

### Ingredients

- ☐ 1.3 teaspoons five-spice powder chinese
- ☐ 2 tablespoons all purpose flour
- ☐ 1 cup brown sugar packed ()
- ☐ 6 tablespoons ice water ()
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 5 pounds golden delicious apples cored peeled cut into 1/2-inch-thick slices
- ☐ 0.8 teaspoon salt
- ☐ 0.7 cup solid vegetable shortening chilled cut into 1/2-inch pieces
- ☐ 0.5 teaspoon sugar

- ☐ 6 tablespoons butter unsalted ()
- ☐ 2 tablespoons whipping cream

## Equipment

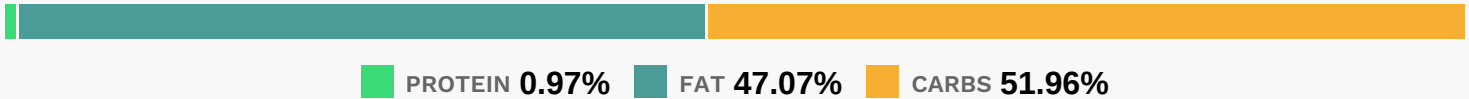
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ slotted spoon
- ☐ pie form

## Directions

- ☐ Mix first 3 ingredients in large bowl.
- ☐ Add shortening; cut in using pastry blender or 2 knives until mixture resembles coarse meal with a few pea-size pieces.
- ☐ Mix in enough ice water by tablespoonfuls to form moist clumps. Gather dough. Divide into 2 pieces, 1 slightly larger than the other. Flatten each into disk. Wrap each disk in plastic; chill at least 1 hour. (Can be made 1 day ahead. Keep refrigerated.)
- ☐ Let dough soften slightly at room temperature before rolling out.)
- ☐ Toss apples and lemon juice in large bowl. Melt butter in heavy large pot over medium heat.
- ☐ Add apples and brown sugar; cook until apples are just tender, stirring occasionally, about 15 minutes. Using slotted spoon, return apples to same bowl. Boil juices in pot until thick, about 15 minutes.
- ☐ Pour juices over apples; cool completely.
- ☐ Mix in flour and five-spice powder.
- ☐ Position rack in lowest third of oven; preheat to 375°F.
- ☐ Place baking sheet on rack.
- ☐ Roll out larger dough disk on floured surface to 12-inch round.
- ☐ Transfer to 9-inch glass pie dish; trim overhang to 1 inch, if necessary. Spoon filling into crust.

- ☐ Roll out smaller dough disk to 10–inch round. Drape over filling. Press top and bottom edges of dough together; crimp decoratively.
- ☐ Cut small hole in center of crust.
- ☐ Brush crust with cream.
- ☐ Sprinkle with 1/2 teaspoon sugar.
- ☐ Place pie on baking sheet in oven; bake until crust is golden brown and filling bubbles thickly, about 1 hour 5 minutes.
- ☐ Transfer pie to rack and cool.
- ☐ Serve slightly warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:30.35, Glycemic Load:15.42, Inflammation Score:-6, Nutrition Score:9.010434663814%

## Flavonoids

Cyanidin: 5.93mg, Cyanidin: 5.93mg, Cyanidin: 5.93mg, Cyanidin: 5.93mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 28.46mg, Epicatechin: 28.46mg, Epicatechin: 28.46mg, Epicatechin: 28.46mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Epigallocatechin 3–gallate: 0.72mg, Epigallocatechin 3–gallate: 0.72mg, Epigallocatechin 3–gallate: 0.72mg, Epigallocatechin 3–gallate: 0.72mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Quercetin: 15.18mg, Quercetin: 15.18mg, Quercetin: 15.18mg, Quercetin: 15.18mg

## Nutrients (% of daily need)

Calories: 668.92kcal (33.45%), Fat: 36.75g (56.54%), Saturated Fat: 14.15g (88.45%), Carbohydrates: 91.29g (30.43%), Net Carbohydrates: 82.01g (29.82%), Sugar: 75.5g (83.89%), Cholesterol: 35.75mg (11.92%), Sodium: 309.52mg (13.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.42%), Fiber: 9.28g (37.1%), Vitamin C: 19.53mg (23.67%), Vitamin K: 21.58µg (20.55%), Vitamin E: 2.46mg (16.38%), Potassium: 481.23mg (13.75%), Vitamin A: 630.37IU (12.61%), Manganese: 0.19mg (9.7%), Vitamin B6: 0.18mg (9.06%), Vitamin B2: 0.13mg (7.53%), Copper: 0.14mg (6.84%), Calcium: 66.69mg (6.67%), Iron: 1.17mg (6.49%), Magnesium: 25.25mg (6.31%), Vitamin B1:

0.09mg (6.28%), Phosphorus: 56.07mg (5.61%), Vitamin B5: 0.49mg (4.86%), Folate: 17.98µg (4.5%), Vitamin B3: 0.57mg (2.86%), Selenium: 1.63µg (2.32%), Vitamin D: 0.29µg (1.93%), Zinc: 0.25mg (1.69%)