



## Fresh Apple Pie

READY IN



70 min.

SERVINGS



8

CALORIES



327 kcal

DESSERT

### Ingredients

- 11 oz pie crust dough
- 0.3 cup water cold
- 0.5 cup sugar
- 0.5 cup flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg
- 5 cups apples peeled thinly sliced (3 large)
- 1 tablespoon butter
- 1 serving milk

1 serving p of sugar

## Equipment

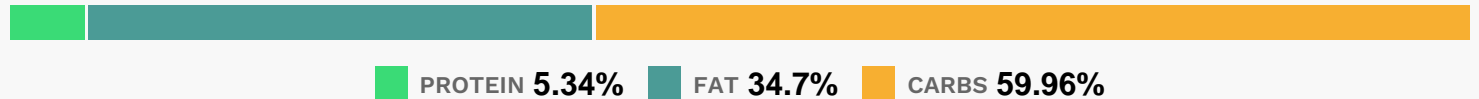
bowl

oven

## Directions

- Heat oven to 425°F. Make pie crust mix as directed for 9-Inch Two-Crust Pie, using 1/3 cup cold water--except trim overhanging edge of bottom pastry 1 inch from rim of plate.
- Stir together 1/2 cup sugar, the flour, cinnamon and nutmeg in large bowl.
- Add apples; toss. Spoon into pastry-lined pie plate. Dot with butter.
- Roll remaining pastry; cut into 10 strips, each about 1/2 inch wide.
- Place 5 strips across filling in pie plate. Weave a cross-strip through by first folding back every other strip of the first 5 strips. Continue weaving, folding back alternate strips before adding each cross-strip, until lattice is complete. Trim ends. Fold trimmed edge of bottom crust over ends of strips, building up a high edge. Seal and flute.
- Brush lightly with milk; sprinkle lightly with additional sugar.
- Bake 30 to 35 minutes or until crust is golden brown and juice is bubbly.

## Nutrition Facts



## Properties

Glycemic Index:36.26, Glycemic Load:16.44, Inflammation Score:-3, Nutrition Score:6.0739130870156%

## Flavonoids

Cyanidin: 1.23mg, Cyanidin: 1.23mg, Cyanidin: 1.23mg, Cyanidin: 1.23mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 5.88mg, Epicatechin: 5.88mg, Epicatechin: 5.88mg, Epicatechin: 5.88mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.11mg, Kaempferol:

0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

## Nutrients (% of daily need)

Calories: 326.85kcal (16.34%), Fat: 12.82g (19.72%), Saturated Fat: 4.09g (25.57%), Carbohydrates: 49.84g (16.61%), Net Carbohydrates: 46.7g (16.98%), Sugar: 22.11g (24.57%), Cholesterol: 3.66mg (1.22%), Sodium: 189.1mg (8.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.87%), Manganese: 0.28mg (13.91%), Vitamin B1: 0.2mg (13.29%), Fiber: 3.14g (12.56%), Folate: 44µg (11%), Vitamin B2: 0.17mg (10.02%), Iron: 1.49mg (8.27%), Vitamin B3: 1.62mg (8.1%), Selenium: 5.53µg (7.9%), Phosphorus: 76.52mg (7.65%), Calcium: 53.09mg (5.31%), Potassium: 177.26mg (5.06%), Vitamin K: 4.72µg (4.49%), Vitamin C: 3.6mg (4.37%), Magnesium: 15.47mg (3.87%), Vitamin B6: 0.07mg (3.7%), Vitamin B5: 0.36mg (3.55%), Copper: 0.07mg (3.27%), Vitamin A: 155.02IU (3.1%), Vitamin B12: 0.17µg (2.77%), Vitamin E: 0.4mg (2.65%), Zinc: 0.39mg (2.62%), Vitamin D: 0.34µg (2.24%)