



Fresh Apple Pie

READY IN



70 min.

SERVINGS



8

CALORIES



574 kcal

DESSERT

Ingredients

- 5 cups apples peeled thinly sliced (3 large)
- 1 tablespoon butter
- 0.5 cup flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg
- 8 servings milk
- 1 package pie crust dough
- 0.5 cup sugar
- 8 servings sugar

0.3 cup water cold

Equipment

bowl

oven

Directions

Heat oven to 425F. 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.

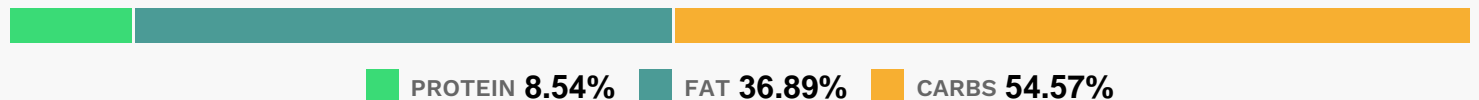
Roll remaining pastry; cut into 10 strips, each about 1/2 inch wide.

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:45.02, Glycemic Load:28.61, Inflammation Score:-6, Nutrition Score:14.092608679896%

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: 574.36kcal (28.72%), Fat: 23.87g (36.72%), Saturated Fat: 9.37g (58.55%), Carbohydrates: 79.43g (26.48%), Net Carbohydrates: 75.89g (27.6%), Sugar: 44.35g (49.28%), Cholesterol: 29.28mg (9.76%), Sodium: 335.87mg (14.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.43g (24.85%), Calcium: 318.86mg (31.89%), Phosphorus: 303.69mg (30.37%), Vitamin B2: 0.49mg (29.09%), Vitamin B1: 0.36mg (24.19%), Vitamin B12: 1.32µg (21.99%), Manganese: 0.36mg (17.91%), Vitamin D: 2.68µg (17.89%), Selenium: 10.57µg (15.1%), Potassium: 513.29mg (14.67%), Fiber: 3.54g (14.16%), Folate: 55.21µg (13.8%), Vitamin B5: 1.22mg (12.17%), Vitamin B3: 2.28mg (11.38%), Magnesium: 43.5mg (10.87%), Iron: 1.91mg (10.62%), Vitamin B6: 0.21mg (10.61%), Vitamin A: 501.05IU (10.02%), Zinc: 1.34mg (8.94%), Vitamin K: 6.53µg (6.22%), Vitamin C: 3.6mg (4.37%), Copper: 0.08mg (4.02%), Vitamin E: 0.58mg (3.85%)