



Georgie's Apple Pie

READY IN



45 min.

SERVINGS



8

CALORIES



573 kcal

DESSERT

Ingredients

- 6 to 8 cortland apples peeled sliced
- 1 tablespoon butter
- 1 tablespoon flour all-purpose
- 1 tablespoon ground cinnamon
- 8 servings milk
- 15 ounce piecrusts refrigerated
- 1 cup splenda granular
- 8 servings lite whipped topping frozen sugar-free thawed

Equipment

- baking sheet
- oven

Directions

- Prepare piecrusts according to package directions. Fit 1 piecrust into a 9-inch pieplate.
- Stir together no-calorie sweetener, flour, and cinnamon.
- Sprinkle one-fourth of flour mixture over sliced apples, tossing to coat.
- Spoon apple mixture into prepared pieplate; dot with butter.
- Sprinkle with remaining flour mixture.
- Place remaining piecrust over apple mixture, crimping edges. Lightly brush crust with milk, and place pie on a baking sheet.
- Bake on lowest rack at 350 for 50 to 55 minutes or until golden.
- Serve pie warm with sugar-free ice cream or thawed lite frozen whipped topping.
- * 5 Granny Smith apples and 1 Golden Delicious apple may be substituted for Cortland apples.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:21.24, Inflammation Score:-6, Nutrition Score:14.490434812463%

Flavonoids

Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg

Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 572.81kcal (28.64%), Fat: 23.93g (36.81%), Saturated Fat: 10.33g (64.54%), Carbohydrates: 81.46g (27.15%), Net Carbohydrates: 76.3g (27.75%), Sugar: 47.09g (52.33%), Cholesterol: 33.13mg (11.04%), Sodium: 326.1mg (14.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.92g (23.84%), Calcium: 332.19mg (33.22%), Phosphorus: 305.13mg (30.51%), Vitamin B2: 0.47mg (27.78%), Manganese: 0.47mg (23.68%), Vitamin B12: 1.33µg (22.16%), Vitamin B1: 0.31mg (20.97%), Fiber: 5.16g (20.64%), Vitamin D: 2.68µg (17.89%), Potassium: 574.89mg (16.43%), Vitamin B5: 1.22mg (12.18%), Vitamin B6: 0.23mg (11.72%), Selenium: 8.14µg (11.63%), Magnesium: 45.23mg (11.31%), Folate: 43.27µg (10.82%), Vitamin A: 519.53IU (10.39%), Vitamin B3: 1.89mg (9.45%), Iron: 1.68mg (9.32%), Zinc: 1.33mg (8.83%), Vitamin K: 8.2µg (7.81%), Vitamin C: 6.32mg (7.66%), Vitamin E: 0.7mg (4.66%), Copper: 0.08mg (4.22%)