



Gluten-Free Caramel Apple Pie

READY IN



185 min.

SERVINGS



8

CALORIES



250 kcal

DESSERT

Ingredients

- 42 oz peach pie filling gluten-free with more fruit canned
- 0.3 cup mrs richardson's butterscotch caramel sauce gluten-free
- 1 container pastry crust gluten free refrigerated pillsbury®
- 2 tablespoons pecans toasted chopped
- 2 cups whipped cream

Equipment

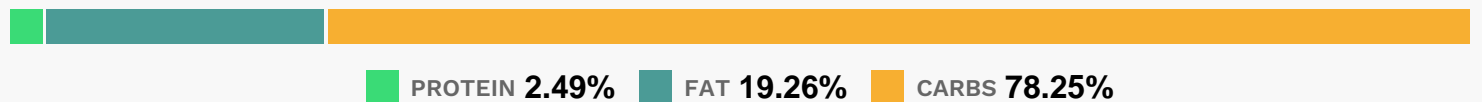
- oven
- aluminum foil

- microwave
- measuring cup

Directions

- Heat oven to 425°F. Divide dough in half. Knead 1 half until softened and no longer crumbly. Flatten into a round; place between 2 sheets of cooking parchment or waxed paper.
- Roll into a round 1 1/2 inches larger than top of 9 1/2-inch deep-dish pie plate.
- Carefully peel off top sheet of paper. Replace paper to cover loosely; carefully turn dough over and remove second sheet of paper. Use paper to carefully turn dough over into ungreased pie plate; remove paper. Press dough firmly against bottom and up side of plate.
- Spoon pie filling into shell. Repeat kneading and rolling of second half of dough; carefully turn dough over on filling. Trim and fold edges together. Flatten edge with fork or crimp for decorative edge. Cover edge with strips of foil.
- Bake 30 minutes; remove foil.
- Bake 10 to 20 minutes longer or until crust is golden brown. Cool 1 hour before serving.
- Meanwhile, in 1-cup microwavable measuring cup, mix topping and pecans. Microwave on High 30 to 60 seconds or until warm; stir.
- Cut pie into 8 servings; place on individual plates. Top each with 1/4 cup ice cream; spoon caramel mixture over top.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:4.64, Inflammation Score:-1, Nutrition Score:3.2369565160378%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 250.05kcal (12.5%), Fat: 5.59g (8.59%), Saturated Fat: 2.4g (14.98%), Carbohydrates: 51.07g (17.02%), Net Carbohydrates: 49.11g (17.86%), Sugar: 31.66g (35.18%), Cholesterol: 14.52mg (4.84%), Sodium: 121.04mg (5.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.25%), Manganese: 0.16mg (7.97%), Fiber: 1.96g (7.85%), Copper: 0.12mg (5.98%), Vitamin B2: 0.1mg (5.84%), Phosphorus: 54.84mg (5.48%), Calcium: 53.42mg (5.34%), Potassium: 147.65mg (4.22%), Vitamin A: 182.41IU (3.65%), Vitamin C: 2.79mg (3.38%), Vitamin B1: 0.05mg (3.24%), Iron: 0.53mg (2.94%), Vitamin B5: 0.29mg (2.87%), Magnesium: 10.99mg (2.75%), Zinc: 0.4mg (2.67%), Vitamin B12: 0.14µg (2.36%), Vitamin B6: 0.04mg (2.25%), Selenium: 1.26µg (1.79%), Vitamin E: 0.2mg (1.31%)