



## Gluten-Free Impossibly Easy French Apple Pie

 Vegetarian

READY IN



75 min.

SERVINGS



6

CALORIES



347 kcal

DESSERT

### Ingredients

- 3 cups apples peeled thinly sliced (3 medium)
- 1 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg
- 0.5 cup pancake mix gluten free
- 0.5 cup granulated sugar
- 0.5 cup milk
- 2 tablespoons butter melted
- 3 eggs

- 0.3 cup pancake mix gluten free
- 0.3 cup nuts chopped
- 0.3 cup brown sugar packed
- 3 tablespoons butter firm

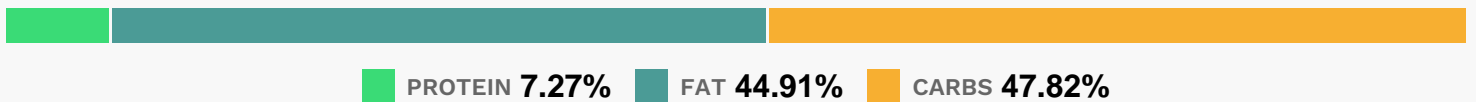
## Equipment

- bowl
- oven
- knife

## Directions

- Heat oven to 325°F. Spray 9-inch glass pie plate with cooking spray. In medium bowl, mix apples, cinnamon and nutmeg; place in pie plate.
- In medium bowl, stir remaining filling ingredients until well blended.
- Pour over apple mixture in pie plate. In small bowl, mix all streusel ingredients, using fork, until crumbly; sprinkle over filling.
- Bake 45 to 50 minutes or until knife inserted in center comes out clean. Store in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:57.46, Glycemic Load:14.69, Inflammation Score:-4, Nutrition Score:7.429999983829%

## Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Quercetin: 2.51mg

## Nutrients (% of daily need)

Calories: 346.95kcal (17.35%), Fat: 17.9g (27.55%), Saturated Fat: 8.02g (50.16%), Carbohydrates: 42.89g (14.3%), Net Carbohydrates: 40.13g (14.59%), Sugar: 33.12g (36.8%), Cholesterol: 122.18mg (40.73%), Sodium: 209.53mg (9.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.52g (13.04%), Phosphorus: 165.84mg (16.58%), Manganese: 0.28mg (13.81%), Selenium: 9.25µg (13.21%), Vitamin B2: 0.22mg (13.2%), Fiber: 2.76g (11.03%), Vitamin A: 524.45IU (10.49%), Calcium: 99.57mg (9.96%), Magnesium: 31.59mg (7.9%), Copper: 0.15mg (7.56%), Vitamin B5: 0.67mg (6.65%), Potassium: 228.48mg (6.53%), Vitamin B12: 0.39µg (6.45%), Vitamin B6: 0.12mg (6.14%), Iron: 1.1mg (6.09%), Folate: 23.24µg (5.81%), Zinc: 0.85mg (5.7%), Vitamin B1: 0.08mg (5.6%), Vitamin D: 0.66µg (4.42%), Vitamin E: 0.63mg (4.21%), Vitamin C: 3.03mg (3.67%), Vitamin B3: 0.71mg (3.57%), Vitamin K: 2.42µg (2.31%)