



## Gluten-Free Impossibly Easy French Apple Pie

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



308 kcal

DESSERT

### Ingredients

- 3 cups apples peeled thinly sliced (3 medium)
- 0.3 cup brown sugar packed
- 2 tablespoons butter melted
- 3 tablespoons butter firm
- 3 eggs
- 0.5 cup granulated sugar
- 1 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg

- 0.5 cup milk
- 0.3 cup nuts chopped
- 0.3 cup frangelico gluten free
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## Equipment

- bowl
- oven
- knife

## Directions

- Heat oven to 325F. 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

**PROTEIN 6.41%** **FAT 46.32%** **CARBS 47.27%**

## Properties

Glycemic Index:40.79, Glycemic Load:14.69, Inflammation Score:-5, Nutrition Score:6.1430435180664%

## 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

## **Nutrients (% of daily need)**

Calories: 307.82kcal (15.39%), Fat: 16.44g (25.3%), Saturated Fat: 3.61g (22.55%), Carbohydrates: 37.77g (12.59%), Net Carbohydrates: 35.35g (12.86%), Sugar: 33.12g (36.79%), Cholesterol: 84.28mg (28.09%), Sodium: 153.35mg (6.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.12g (10.24%), Manganese: 0.25mg (12.55%), Vitamin A: 605.08IU (12.1%), Phosphorus: 109.21mg (10.92%), Selenium: 7.36µg (10.52%), Vitamin B2: 0.17mg (9.91%), Fiber: 2.41g (9.66%), Copper: 0.14mg (7.13%), Magnesium: 27.73mg (6.93%), Calcium: 61.45mg (6.14%), Vitamin B5: 0.57mg (5.71%), Potassium: 194.65mg (5.56%), Vitamin B12: 0.32µg (5.29%), Vitamin B6: 0.1mg (5.23%), Vitamin E: 0.72mg (4.82%), Iron: 0.86mg (4.78%), Zinc: 0.71mg (4.72%), Vitamin D: 0.66µg (4.42%), Folate: 16.51µg (4.13%), Vitamin C: 2.95mg (3.57%), Vitamin B1: 0.05mg (3.22%), Vitamin B3: 0.49mg (2.45%), Vitamin K: 1.61µg (1.53%)