



Granny Smith Apple Pie

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



461 kcal

DESSERT

Ingredients

- ☐ 0.8 cup brown sugar
- ☐ 0.3 cup flour all-purpose
- ☐ 6 medium granny smith apples peeled sliced
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1.5 tablespoons juice of lemon
- ☐ 15 ounce piecrusts refrigerated divided
- ☐ 0.5 cup sugar

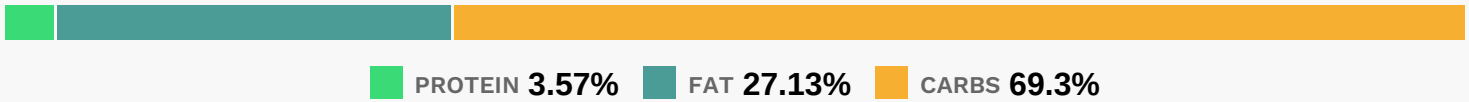
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Stack 2 piecrusts; gently roll or press together. Fit pastry into a 9-inch deep-dish pieplate.
- ☐ Toss together apple and lemon juice in a large bowl.
- ☐ Combine brown sugar and next 4 ingredients; sprinkle over apple mixture, and toss to coat. Spoon into prepared piecrust.
- ☐ Roll remaining piecrust to press out fold lines; place over filling. Fold edges under, and crimp; cut slits in top for steam to escape.
- ☐ Bake at 450 for 15 minutes. Reduce oven temperature to 350, and bake 35 minutes.

Nutrition Facts



Properties

Glycemic Index:31.51, Glycemic Load:16.61, Inflammation Score:-3, Nutrition Score:6.9434782422107%

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 Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg 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: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg

Nutrients (% of daily need)

Calories: 461.25kcal (23.06%), Fat: 14.24g (21.9%), Saturated Fat: 4.42g (27.61%), Carbohydrates: 81.8g (27.27%), Net Carbohydrates: 76.88g (27.96%), Sugar: 46.8g (52%), Cholesterol: 0mg (0%), Sodium: 224.85mg (9.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.44%), Fiber: 4.91g (19.65%), Manganese: 0.38mg (18.98%), Vitamin B1: 0.21mg (14.1%), Folate: 51.71µg (12.93%), Iron: 1.97mg (10.93%), Vitamin B3: 1.9mg (9.49%), Vitamin B2: 0.15mg (9.09%), Vitamin C: 7.38mg (8.95%), Selenium: 5.13µg (7.33%), Potassium: 235.28mg (6.72%), Vitamin K: 6.98µg (6.64%), Phosphorus: 60.39mg (6.04%), Copper: 0.1mg (4.87%), Vitamin B6: 0.1mg (4.76%), Magnesium: 18.35mg (4.59%), Calcium: 39.22mg (3.92%), Vitamin B5: 0.35mg (3.53%), Vitamin E: 0.5mg (3.36%), Zinc: 0.35mg (2.31%), Vitamin A: 75.28IU (1.51%)