



Grape & Apple Pie

READY IN



45 min.

SERVINGS



8

CALORIES



516 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons flour all-purpose
- ☐ 1.5 teaspoons kosher salt
- ☐ 1 pound grapes black red halved seeded
- ☐ 0.8 cup sugar
- ☐ 3 pounds apples cored crisp peeled thinly sliced quartered (such as Crispin or Pink Lady)
- ☐ 1 cup butter unsalted chilled cut into 1/2" cubes (2 sticks)
- ☐ 0.5 cup shortening

Equipment

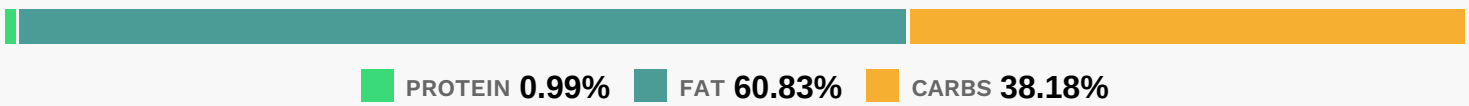
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Pulse flour, sugar, and salt in a food processor.
- ☐ Add butter and shortening; pulse just until coarse meal forms.
- ☐ Add 1/3 cup ice water; pulse until dough forms clumps, adding more ice water by teaspoonfuls if dry. Gather dough into a ball; divide in half. Flatten into disks, wrap in plastic, and chill for at least 1 hour and up to 2 days.
- ☐ Roll out 1 dough disk on a lightly floured surface into an 11" round.
- ☐ Transfer to pie dish; press gently onto bottom and up sides of dish. Trim dough flush with edge of dish, leaving no overhang. Freeze until firm, about 10 minutes.
- ☐ Add scraps to remaining dough disk; roll out on parchment paper to a 12" round. Slide paper with dough onto a rimless baking sheet and chill in refrigerator.
- ☐ Preheat oven to 375°F. Line dough in pie dish with foil or parchment paper. Fill foil with pie weights or dried beans.
- ☐ Bake until edges are just beginning to turn golden, 25–30 minutes.
- ☐ Remove foil and pie weights. Return dish to oven; continue baking until crust is dark golden all over, about 20 minutes longer.
- ☐ Transfer pan to a wire rack; let crust cool completely.
- ☐ Mix apples, grapes, sugar, and flour in a large saucepan; stir to coat. Cook over medium–low heat, stirring often, until fruit is translucent and juices are thickened, 30–40 minutes.
- ☐ Let mixture cool to room temperature.

- ☐
- Preheat oven to 375°F.
- ☐
- Transfer fruit to crust.
- ☐
- Remove remaining dough from refrigerator. Using a decorative cutter, make a pattern in center of dough, leaving a 2" plain border; reserve cutouts. Invert dough over fruit in crust; peel off parchment paper. Trim dough along edge of crust, leaving no overhang. Arrange reserved dough cutouts decoratively over top crust, pressing lightly to adhere.
- ☐
- Place pie on a baking sheet.
- ☐
- Bake pie until crust is golden brown and juices bubble, 50 minutes–1 hour.
- ☐
- Transfer to a wire rack to cool. DO AHEAD: Can be made 8 hours ahead.
- ☐
- Let stand at room temperature.
- ☐
- Serve with ice cream, if desired.

Nutrition Facts



Properties

Glycemic Index:29.51, Glycemic Load:23.68, Inflammation Score:-6, Nutrition Score:8.175652185212%

Flavonoids

Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 12.81mg, Epicatechin: 12.81mg, Epicatechin: 12.81mg, Epicatechin: 12.81mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg

Nutrients (% of daily need)

Calories: 516.49kcal (25.82%), Fat: 36.46g (56.09%), Saturated Fat: 17.83g (111.43%), Carbohydrates: 51.49g (17.16%), Net Carbohydrates: 45.15g (16.42%), Sugar: 36.42g (40.47%), Cholesterol: 61.01mg (20.34%), Sodium: 442.15mg (19.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.67%), Manganese: 1.19mg (59.7%), Fiber: 6.34g (25.38%), Vitamin A: 838.93IU (16.78%), Vitamin K: 12.55µg (11.95%), Vitamin E: 1.75mg (11.67%), Vitamin C: 7.82mg (9.48%), Potassium: 306.38mg (8.75%), Copper: 0.12mg (6.11%), Magnesium: 17.43mg (4.36%), Phosphorus: 41.15mg (4.12%), Vitamin B2: 0.07mg (3.92%), Calcium: 38.86mg (3.89%), Vitamin B6: 0.07mg (3.58%),

Vitamin B1: 0.05mg (3.17%), Vitamin D: 0.43µg (2.84%), Folate: 10.52µg (2.63%), Iron: 0.47mg (2.59%), Vitamin B5: 0.23mg (2.3%), Selenium: 1.03µg (1.48%), Vitamin B3: 0.28mg (1.39%), Zinc: 0.17mg (1.15%)