



Hannah's Cream Cheese Caramel Apple Pie

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



320 kcal

DESSERT

Ingredients

- ☐ 2.5 ounce caramel apple circle
- ☐ 6 cups apples thinly sliced
- ☐ 0.5 cup brown sugar packed
- ☐ 3 cups confectioners' sugar
- ☐ 8 ounce cream cheese softened
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 2 teaspoons ground nutmeg

☐ 1 tablespoon sugar

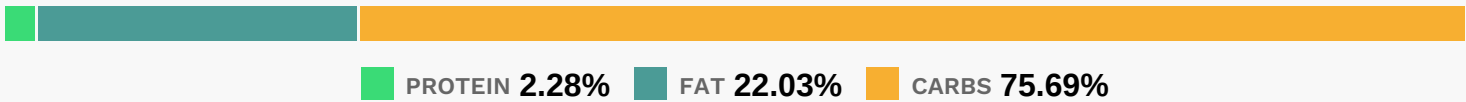
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Roll out pastry and set aside.
- ☐ In a large bowl, blend cream cheese and powdered sugar until smooth and creamy. Set aside.
- ☐ In a medium bowl, combine brown sugar, cinnamon, nutmeg, and flour.
- ☐ Mix well.
- ☐ Add apples to cream cheese mixture and stir until apples are evenly coated.
- ☐ Add brown sugar mixture to apple mixture gradually, stirring after each addition.
- ☐ Pour half of apple mixture into pastry-lined pie plate.
- ☐ Place caramel circle over top, then pour in remaining apple mixture. Cover with second pastry. Seal edges and cut steam vent in top.
- ☐ Sprinkle with coarse/turbinado sugar.
- ☐ Place pie on baking sheet covered with aluminum foil.
- ☐ Bake in preheated oven for 45 minutes. If you notice overbrowning after 25 minutes, reduce heat to 350 degrees F (175 degrees C).

Nutrition Facts



Properties

Glycemic Index:24.1, Glycemic Load:4.66, Inflammation Score:-3, Nutrition Score:3.1882608999377%

Flavonoids

Cyanidin: 1.29mg, Cyanidin: 1.29mg, Cyanidin: 1.29mg, Cyanidin: 1.29mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 6.18mg, Epicatechin: 6.18mg, Epicatechin: 6.18mg, Epicatechin: 6.18mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

Nutrients (% of daily need)

Calories: 319.97kcal (16%), Fat: 8.11g (12.48%), Saturated Fat: 4.71g (29.46%), Carbohydrates: 62.73g (20.91%), Net Carbohydrates: 60.41g (21.97%), Sugar: 56.59g (62.87%), Cholesterol: 22.91mg (7.64%), Sodium: 76.02mg (3.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.79%), Fiber: 2.33g (9.31%), Vitamin A: 350.5IU (7.01%), Manganese: 0.14mg (6.85%), Vitamin B2: 0.09mg (5.4%), Vitamin C: 3.8mg (4.61%), Selenium: 3.08µg (4.4%), Calcium: 41.64mg (4.16%), Potassium: 139mg (3.97%), Phosphorus: 37.29mg (3.73%), Vitamin B6: 0.05mg (2.66%), Vitamin B1: 0.04mg (2.55%), Vitamin E: 0.35mg (2.36%), Vitamin K: 2.41µg (2.3%), Folate: 9.06µg (2.26%), Magnesium: 8.63mg (2.16%), Copper: 0.04mg (2.14%), Iron: 0.38mg (2.1%), Vitamin B5: 0.21mg (2.05%), Vitamin B3: 0.25mg (1.25%), Zinc: 0.19mg (1.23%)