



WHATSheATE



Harvest Apple Pie with Hazelnut Streusel



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



538 kcal

DESSERT

Ingredients

- ☐ 0.5 cup firmly brown sugar packed
- ☐ 6 tablespoons butter cold cut into chunks
- ☐ 2 tablespoons cornstarch
- ☐ 0.5 cup apricots dried chopped
- ☐ 0.5 cup cherries dried chopped
- ☐ 1 purchased pastry) refrigerated for a 9-inch single-crust pie (half of a 15-oz. package at room temperature)
- ☐ 1 cup flour all-purpose
- ☐ 6 cups granny smith apples peeled thinly sliced (2 lb.; see notes)

- ☐ 0.3 cup granulated sugar
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 1 teaspoon ground coriander
- ☐ 0.8 teaspoon ground ginger
- ☐ 0.5 cup hazelnuts chopped
- ☐ 0.3 cup orange juice

Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ In a bowl, mix apricots, cherries, and rum; let stand until fruit is slightly softened, 6 to 8 minutes.
- ☐ Meanwhile, in a large bowl, mix granulated sugar, cornstarch, coriander, ginger, cinnamon, and apples. Stir in dried-fruit mixture.
- ☐ Ease pastry gently into a 9-inch pie pan, fold edge under itself flush with rim, and flute decoratively. Mound apple mixture in crust.
- ☐ In a food processor or a bowl, whirl or stir 1 cup flour and the brown sugar until well blended.
- ☐ Add butter and whirl or rub in with your fingers until mixture forms coarse crumbs. Stir in nuts and whirl until coarsely chopped, or chop nuts with a knife and stir into flour mixture. Squeeze handfuls of the streusel until it sticks together, then crumble into chunks evenly over apple mixture. Set pie on a foil-lined rimmed baking pan.
- ☐ Bake on the bottom rack of a 350 regular or convection oven until filling is bubbling around the edges, about 1 1/4 hours. If pie becomes brown too quickly, cover the dark portions loosely with foil. Cool on a rack at least 1 1/2 hours.

Nutrition Facts



PROTEIN 4.52% **FAT 40.89%** **CARBS 54.59%**

Properties

Glycemic Index:42.31, Glycemic Load:27.33, Inflammation Score:-7, Nutrition Score:11.819565199639%

Flavonoids

Cyanidin: 1.98mg, Cyanidin: 1.98mg, Cyanidin: 1.98mg, Cyanidin: 1.98mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 7.08mg, Epicatechin: 7.08mg, Epicatechin: 7.08mg, Epicatechin: 7.08mg 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: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 537.91kcal (26.9%), Fat: 25.13g (38.67%), Saturated Fat: 5.1g (31.89%), Carbohydrates: 75.47g (25.16%), Net Carbohydrates: 70.05g (25.47%), Sugar: 40.92g (45.47%), Cholesterol: 0mg (0%), Sodium: 182.89mg (7.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.25g (12.51%), Manganese: 0.88mg (44.11%), Fiber: 5.43g (21.72%), Vitamin B1: 0.32mg (21.24%), Vitamin A: 1005.89IU (20.12%), Selenium: 13.52µg (19.32%), Folate: 67.18µg (16.8%), Vitamin E: 2.15mg (14.36%), Iron: 2.53mg (14.07%), Vitamin B3: 2.7mg (13.52%), Copper: 0.25mg (12.75%), Vitamin B2: 0.21mg (12.45%), Vitamin C: 8.82mg (10.69%), Potassium: 325.84mg (9.31%), Vitamin K: 8.42µg (8.02%), Phosphorus: 79.08mg (7.91%), Magnesium: 31.65mg (7.91%), Vitamin B6: 0.12mg (5.84%), Calcium: 50.27mg (5.03%), Zinc: 0.56mg (3.71%), Vitamin B5: 0.28mg (2.8%)