



## Homemade Apple Pie

 Vegetarian

READY IN



285 min.

SERVINGS



8

CALORIES



295 kcal

DESSERT

### Ingredients

- 1 tablespoon butter
- 8 servings cornmeal crust dough
- 0.3 cup flour all-purpose
- 4.5 pounds granny smith apples peeled cut into 1/2-inch-thick wedges
- 0.8 teaspoon ground cinnamon
- 0.3 teaspoon salt
- 1 cup sugar

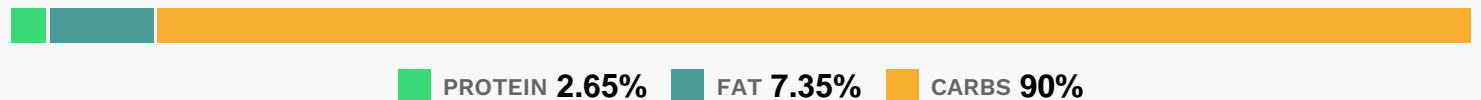
### Equipment

- frying pan
- oven
- wire rack
- aluminum foil

## Directions

- Preheat oven to 37
- Stir together apples, sugar, flour, ground cinnamon, and salt.
- Let stand 15 minutes, gently stirring occasionally.
- Roll 1 Cornmeal Crust Dough disk to 1/8-inch thickness (about 11 inches wide) on a well-floured surface. Gently press dough into a 9-inch glass pie plate. Spoon apple mixture into crust, packing tightly and mounding in center; dot with butter cut into pieces.
- Roll remaining dough disk to 1/8-inch thickness (about 13 inches wide). Gently place dough over filling; fold edges under, and crimp, sealing to bottom crust.
- Place pie on a jelly-roll pan.
- Cut 4 to 5 slits in top of pie for steam to escape.
- Bake at 375 on an oven rack one-third up from bottom of oven 50 minutes. Cover loosely with aluminum foil, and bake 40 minutes.
- Transfer to a wire rack, and cool 1 1/2 to 2 hours before serving.

## Nutrition Facts



## Properties

Glycemic Index:37.57, Glycemic Load:33.27, Inflammation Score:-4, Nutrition Score:5.9343478130582%

## Flavonoids

Cyanidin: 4.01mg, Cyanidin: 4.01mg, Cyanidin: 4.01mg, Cyanidin: 4.01mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.32mg, Catechin: 3.32mg, Catechin: 3.32mg, Catechin: 3.32mg Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg Epicatechin: 19.21mg, Epicatechin: 19.21mg, Epicatechin: 19.21mg, Epicatechin: 19.21mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg

Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg,  
Epigallocatechin 3-gallate: 0.48mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg  
Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Quercetin: 10.23mg,  
Quercetin: 10.23mg, Quercetin: 10.23mg, Quercetin: 10.23mg

## Nutrients (% of daily need)

Calories: 294.56kcal (14.73%), Fat: 2.56g (3.94%), Saturated Fat: 1.08g (6.76%), Carbohydrates: 70.53g (23.51%),  
Net Carbohydrates: 63.26g (23.01%), Sugar: 51.66g (57.4%), Cholesterol: 3.76mg (1.25%), Sodium: 87.22mg (3.79%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.15%), Fiber: 7.27g (29.07%), Vitamin C: 11.74mg  
(14.23%), Manganese: 0.21mg (10.7%), Potassium: 311.13mg (8.89%), Vitamin B6: 0.17mg (8.28%), Vitamin B1: 0.1mg  
(6.94%), Magnesium: 24.47mg (6.12%), Vitamin B2: 0.1mg (5.9%), Vitamin K: 5.83µg (5.55%), Phosphorus: 55.32mg  
(5.53%), Copper: 0.1mg (5.06%), Folate: 18.27µg (4.57%), Iron: 0.82mg (4.53%), Vitamin A: 182.06IU (3.64%),  
Vitamin E: 0.54mg (3.62%), Vitamin B3: 0.71mg (3.57%), Selenium: 2.1µg (3%), Zinc: 0.45mg (2.98%), Vitamin B5:  
0.23mg (2.35%), Calcium: 19.09mg (1.91%)