



Honey Roasted Apple Pie

 Dairy Free

READY IN



315 min.

SERVINGS



10

CALORIES



316 kcal

DESSERT

Ingredients

- 3 lb golden delicious apple peeled cut into 1 1/2-inch chunks (8 cups)
- 0.3 cup honey
- 3 tablespoons flour all-purpose
- 0.3 teaspoon ground cinnamon
- 14.1 oz pie crust dough refrigerated softened (2 Count)
- 2 tablespoons honey

Equipment

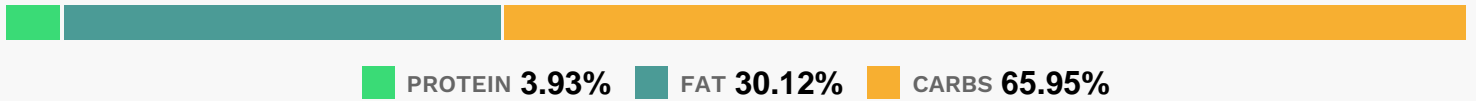
- bowl

- baking sheet
- oven
- wire rack

Directions

- Move oven rack to lowest position.
- Heat oven to 400°F. In large bowl, mix apples, 1/3 cup honey, the flour and cinnamon, tossing to coat.
- Place 1 pie crust in 9 1/2-inch glass deep-dish pie plate as directed on box. Spoon apple mixture into crust, mounding in center. Top with second crust; seal edges and flute.
- Cut 4 slits in top crust to allow steam to escape.
- Place pie plate on cookie sheet.
- Bake on lowest oven rack 55 to 60 minutes or until crust is golden brown and filling is bubbly.
- Brush with 2 tablespoons honey. Cool completely on cooling rack, about 4 hours.

Nutrition Facts



Properties

Glycemic Index:22.35, Glycemic Load:13.85, Inflammation Score:-2, Nutrition Score:4.9521739732312%

Flavonoids

Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 7.5mg, Epicatechin: 7.5mg, Epicatechin: 7.5mg, Epicatechin: 7.5mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg

Nutrients (% of daily need)

Calories: 315.67kcal (15.78%), Fat: 10.65g (16.38%), Saturated Fat: 3.27g (20.41%), Carbohydrates: 52.47g (17.49%), Net Carbohydrates: 48.09g (17.49%), Sugar: 26.39g (29.33%), Cholesterol: 0mg (0%), Sodium: 166.88mg (7.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.25%), Fiber: 4.38g (17.53%), Manganese: 0.26mg (13.04%), Vitamin B1: 0.15mg (10.14%), Folate: 36.49µg (9.12%), Iron: 1.39mg (7.72%), Vitamin B2: 0.12mg (7.08%), Vitamin B3: 1.36mg (6.8%), Potassium: 185.53mg (5.3%), Vitamin K: 5.39µg (5.13%), Vitamin B6: 0.09mg (4.71%),

Phosphorus: 45.47mg (4.55%), Selenium: 3.17µg (4.52%), Copper: 0.08mg (3.99%), Magnesium: 13.63mg (3.41%),
Vitamin E: 0.43mg (2.88%), Vitamin B5: 0.28mg (2.83%), Zinc: 0.29mg (1.9%), Calcium: 17.53mg (1.75%), Vitamin A:
69.95IU (1.4%)