



Honey Roasted Apple Pie

 Dairy Free

READY IN



315 min.

SERVINGS



10

CALORIES



309 kcal

DESSERT

Ingredients

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

Equipment

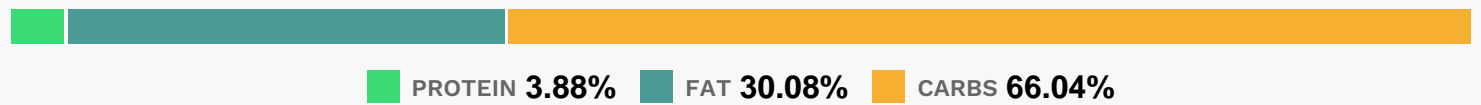
- bowl

- baking sheet
- oven
- wire rack

Directions

- Move oven rack to lowest position.
- Heat oven to 400F. 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:21.65, Glycemic Load:12.87, Inflammation Score:-3, Nutrition Score:5.2739131502483%

Flavonoids

Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 10.25mg, Epicatechin: 10.25mg, Epicatechin: 10.25mg, Epicatechin: 10.25mg 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 Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg

Nutrients (% of daily need)

Calories: 308.99kcal (15.45%), Fat: 10.68g (16.43%), Saturated Fat: 3.31g (20.66%), Carbohydrates: 52.76g (17.59%), Net Carbohydrates: 48.37g (17.59%), Sugar: 26.88g (29.87%), Cholesterol: 0mg (0%), Sodium: 165.63mg (7.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.2%), Fiber: 4.38g (17.54%), Manganese: 0.26mg (13.05%), Vitamin B1: 0.15mg (10.05%), Folate: 36.51µg (9.13%), Vitamin C: 6.34mg (7.68%), Iron: 1.38mg (7.65%), Vitamin B2: 0.12mg (7.08%), Vitamin B3: 1.36mg (6.78%), Vitamin K: 5.94µg (5.65%), Potassium: 195.09mg (5.57%), Phosphorus: 46.85mg (4.69%), Selenium: 3.17µg (4.53%), Vitamin B6: 0.08mg (4.03%), Copper: 0.08mg (3.79%), Magnesium: 13.64mg (3.41%), Vitamin E: 0.43mg (2.88%), Vitamin B5: 0.27mg (2.66%), Zinc: 0.29mg (1.9%), Calcium: 17.53mg (1.75%), Vitamin A: 74.03IU (1.48%)