



Hot Sweet Apple Pie



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



356 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almonds sliced
- ☐ 12 apples
- ☐ 1 cup brown sugar packed
- ☐ 8 tablespoons ground cinnamon
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons water
- ☐ 1.5 cups sugar white

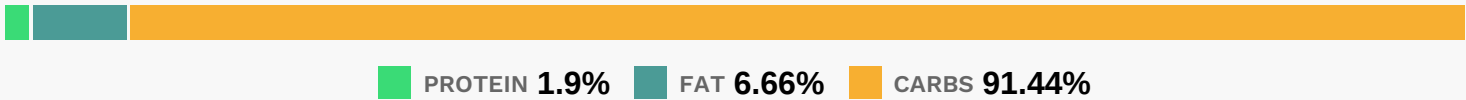
Equipment

☐ oven

Directions

- ☐ Peel, core, and thinly slice the apples.
- ☐ Mix the apples with the white sugar, 4 tablespoons cinnamon, and vanilla.
- ☐ Add the water. When the apples are well coated, place in the pie shell.
- ☐ Combine the brown sugar with the almonds and the remaining 4 tablespoons cinnamon.
- ☐ Sprinkle on top of the pie.
- ☐ Bake for 25 to 30 minutes at 350 degrees F (175 degrees C).

Nutrition Facts



Properties

Glycemic Index:11.71, Glycemic Load:29.04, Inflammation Score:-4, Nutrition Score:9.0404347958772%

Flavonoids

Cyanidin: 3.54mg, Cyanidin: 3.54mg, Cyanidin: 3.54mg, Cyanidin: 3.54mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.9mg, Catechin: 2.9mg, Catechin: 2.9mg, Catechin: 2.9mg Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg Epicatechin: 16.47mg, Epicatechin: 16.47mg, Epicatechin: 16.47mg, Epicatechin: 16.47mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 8.77mg, Quercetin: 8.77mg, Quercetin: 8.77mg, Quercetin: 8.77mg

Nutrients (% of daily need)

Calories: 356.26kcal (17.81%), Fat: 2.84g (4.37%), Saturated Fat: 0.26g (1.61%), Carbohydrates: 87.8g (29.27%), Net Carbohydrates: 78.59g (28.58%), Sugar: 74.38g (82.65%), Cholesterol: 0mg (0%), Sodium: 9.52mg (0.41%), Alcohol: 0.14g (100%), Alcohol %: 0.06% (100%), Protein: 1.83g (3.65%), Manganese: 1.32mg (65.78%), Fiber: 9.22g (36.86%), Vitamin C: 10.29mg (12.47%), Vitamin E: 1.72mg (11.46%), Calcium: 108.3mg (10.83%), Potassium: 325.44mg (9.3%), Magnesium: 29.24mg (7.31%), Copper: 0.14mg (7.06%), Vitamin B2: 0.12mg (6.94%), Vitamin K: 6.8µg (6.48%), Iron: 1.14mg (6.32%), Vitamin B6: 0.12mg (5.75%), Phosphorus: 51.15mg (5.11%), Vitamin B1: 0.05mg

(3.2%), Vitamin A: 136.86IU (2.74%), Zinc: 0.36mg (2.39%), Vitamin B3: 0.48mg (2.38%), Folate: 9.18µg (2.29%),
Vitamin B5: 0.21mg (2.07%), Selenium: 0.83µg (1.19%)