



Lattice Apple Pie with Mexican Brown Sugar

 Vegetarian

READY IN



300 min.

SERVINGS



8

CALORIES



196 kcal

DESSERT

Ingredients

- ☐ 2.5 pound apples
- ☐ 0.3 teaspoon cinnamon
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 tablespoon milk
- ☐ 4 inch orange zest
- ☐ 0.5 pound brown sugar (unrefined brown sugar; also called panela)
- ☐ 1 teaspoon sugar

☐ 0.8 cup water

Equipment

☐ baking sheet

☐ sauce pan

☐ oven

☐ aluminum foil

☐ rolling pin

Directions

☐ Put a large heavy baking sheet in middle of oven and preheat oven to 425°F.

☐ Bring piloncillo, water, zest, spices, and 1/8 teaspoon salt to a boil in a small heavy saucepan, covered, stirring occasionally until piloncillo has dissolved.

☐ Remove lid and boil over medium-low heat until syrup is thickened and reduced to about 3/4 cup, 6 to 10 minutes. Discard zest and cool syrup slightly.

☐ Meanwhile, peel and core apples, then cut into 1/2-inch-wide wedges.

☐ Toss apples with flour, then with syrup.

☐ Roll out 1 piece of dough (keeping remaining piece chilled) on a lightly floured surface with a lightly floured rolling pin into a 13-inch round, then fit into a 9-inch pie plate.

☐ Trim edge, leaving a 1/2-inch overhang, and chill shell.

☐ Roll out remaining piece of dough on a lightly floured surface with a lightly floured rolling pin into a 16-by 11-inch rectangle.

☐ Cut dough crosswise into 11 (1 1/4-inch-wide) strips.

☐ Stir apple mixture, then spoon evenly into pie shell. Weave a tight lattice pattern over pie with pastry strips.

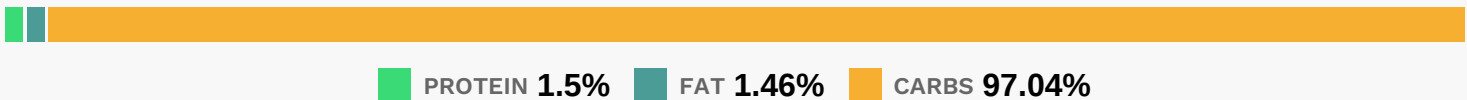
☐ Trim all strips flush with edge of pie plate. Fold bottom crust up over edge of lattice and crimp.

☐ Brush lattice (but not edge) with milk and sprinkle with sugar.

☐ Bake pie on hot baking sheet 20 minutes.

- Reduce oven temperature to 375°F and bake until crust is golden and filling is bubbling, 50 to 60 minutes more. Cool pie to warm or room temperature, about 1 1/2 hours.
- If you can't get piloncillo, substitute 1 cup packed dark brown sugar and 2 tablespoons unsulfured molasses (not blackstrap). Syrup will take longer to reduce. •To achieve an ideal balance of sweet and tart apples, we suggest 2 Golden Delicious or Gala, 2 Granny Smith or Winesap, and 2 McIntosh or Northern Spy (you'll need about 6 apples total). •Pie is best the day it is baked but can be made 1 day ahead and kept, loosely covered with foil (once cool), at room temperature.

Nutrition Facts



Properties

Glycemic Index:29.39, Glycemic Load:7.11, Inflammation Score:-2, Nutrition Score:3.2791304225507%

Flavonoids

Cyanidin: 2.23mg, Cyanidin: 2.23mg, Cyanidin: 2.23mg, Cyanidin: 2.23mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 10.67mg, Epicatechin: 10.67mg, Epicatechin: 10.67mg, Epicatechin: 10.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 196.28kcal (9.81%), Fat: 0.34g (0.52%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 50.52g (16.84%), Net Carbohydrates: 46.86g (17.04%), Sugar: 42.84g (47.6%), Cholesterol: 0.22mg (0.08%), Sodium: 11.33mg (0.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.56%), Fiber: 3.66g (14.64%), Vitamin C: 8.27mg (10.03%), Potassium: 198.82mg (5.68%), Manganese: 0.1mg (4.99%), Calcium: 38.52mg (3.85%), Vitamin B6: 0.07mg (3.73%), Vitamin B1: 0.05mg (3.26%), Vitamin B2: 0.05mg (3.21%), Copper: 0.06mg (3.05%), Vitamin K: 3.15µg (3%), Iron: 0.52mg (2.9%), Magnesium: 11.11mg (2.78%), Folate: 10.09µg (2.52%), Phosphorus: 22.03mg (2.2%), Selenium: 1.35µg (1.93%), Vitamin E: 0.26mg (1.75%), Vitamin A: 85.44IU (1.71%), Vitamin B3: 0.34mg (1.71%), Vitamin B5: 0.15mg (1.5%)