



Lemon-Ginger Apple Pie Squares

READY IN



165 min.

SERVINGS



24

CALORIES



202 kcal

DESSERT

Ingredients

- 8 cups apples peeled thinly sliced
- 0.7 cup butter
- 1.5 cups cornflakes crushed
- 0.3 cup candied ginger finely chopped
- 2 egg whites beaten
- 2 egg yolk
- 3 cups flour all-purpose gold medal®
- 2 tablespoons juice of lemon
- 1.5 teaspoons lemon zest grated

- 0.8 cup milk
- 0.5 teaspoon salt
- 0.7 cup shortening
- 3 tablespoons sugar

Equipment

- bowl
- frying pan
- oven
- blender

Directions

- Heat oven to 350°F. In large bowl, mix flour, 2 tablespoons sugar, the salt and lemon peel. With pastry blender or fork, cut in butter and shortening until mixture resembles coarse crumbs. Stir in egg yolks and 1/2 cup of the milk. With fork, stir until mixture leaves sides of bowl and forms a ball, adding milk 1 tablespoon at a time as necessary. Form dough into 2 balls.
- On lightly floured surface, roll out 1 dough ball to 17x12-inch rectangle. Carefully place in ungreased 15x10x1-inch pan; press in pan and up sides. (Dough may not come completely to top of pan.)
- Sprinkle dough evenly with crushed cereal. Arrange apples evenly over cereal.
- Sprinkle with 3/4 cup sugar and crystallized ginger; drizzle with lemon juice.
- Roll out remaining dough ball to 15x10-inch rectangle. Carefully place over apples; press to edges.
- Brush top with egg whites; sprinkle with 3 tablespoons sugar. Make small slits in top of dough.
- Bake 55 to 65 minutes or until golden brown and apples are tender. Cool 1 hour.
- Serve warm or cool.

Nutrition Facts



PROTEIN 5.21% FAT 51.28% CARBS 43.51%

Properties

Glycemic Index:11.05, Glycemic Load:11.33, Inflammation Score:-3, Nutrition Score:4.5891304430754%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 201.84kcal (10.09%), Fat: 11.69g (17.99%), Saturated Fat: 4.99g (31.18%), Carbohydrates: 22.33g (7.44%), Net Carbohydrates: 20.83g (7.57%), Sugar: 7.58g (8.42%), Cholesterol: 30.67mg (10.22%), Sodium: 110.73mg (4.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.35%), Vitamin B1: 0.16mg (10.8%), Selenium: 7µg (10%), Folate: 38.84µg (9.71%), Vitamin B2: 0.15mg (8.63%), Iron: 1.33mg (7.4%), Vitamin B3: 1.29mg (6.44%), Manganese: 0.13mg (6.29%), Fiber: 1.5g (5.99%), Vitamin A: 245.45IU (4.91%), Vitamin K: 4.47µg (4.26%), Vitamin E: 0.63mg (4.18%), Phosphorus: 38.8mg (3.88%), Vitamin C: 2.93mg (3.55%), Vitamin B6: 0.07mg (3.32%), Vitamin B12: 0.17µg (2.85%), Potassium: 84.43mg (2.41%), Vitamin B5: 0.22mg (2.24%), Copper: 0.04mg (1.97%), Magnesium: 7.69mg (1.92%), Calcium: 18.28mg (1.83%), Vitamin D: 0.23µg (1.52%), Zinc: 0.22mg (1.45%)