



Lemon 'n' Spice Apple Pie

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



304 kcal

DESSERT

Ingredients

- ☐ 1.5 tablespoons cornstarch
- ☐ 0.5 cup flour all-purpose
- ☐ 1 cup flour all-purpose
- ☐ 3 cups golden delicious apple peeled sliced
- ☐ 3 cups apples i use 2 granny smith apples peeled sliced
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.1 teaspoon mace

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 0.3 cup lemon-vanilla sugar
- ☐ 0.3 cup lemon-vanilla sugar
- ☐ 0.3 cup butter chilled reduced-calorie
- ☐ 3 tablespoons butter chilled reduced-calorie
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons water
- ☐ 3 tablespoons water
- ☐ 0.5 cup non-dairy whipped topping frozen thawed reduced-calorie

Equipment

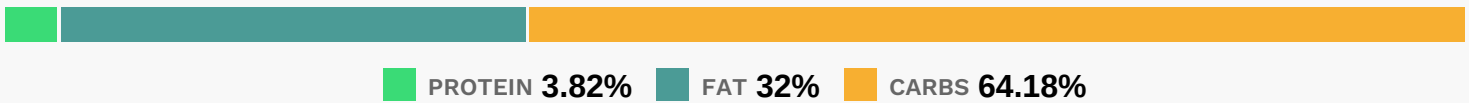
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ Combine 1 cup all-purpose flour, sugar, salt, and lemon rind in a medium bowl.
- ☐ Cut in 1/4 cup margarine with a pastry blender until mixture resembles coarse meal.
- ☐ Combine 3 tablespoons water and lemon juice; add to flour mixture. Toss with a fork just until dry ingredients are moistened. Gently press mixture into a 4-inch circle on heavy-duty plastic wrap; cover with additional plastic wrap, and chill 15 minutes.
- ☐ Roll dough, still covered, into an 11-inch circle.
- ☐ Place dough in freezer for 5 minutes or until plastic wrap can easily be removed.
- ☐ Remove top sheet of plastic wrap. Invert and fit dough into a 9-inch pieplate.
- ☐ Remove remaining sheet of plastic wrap. Fold edges of dough under, and flute. (Do not prick.)

- ☐ Bake at 375 for 12 minutes or until golden.
- ☐ Combine 1/4 cup Lemon–Vanilla Sugar and cornstarch in a small bowl; stir well. Set aside.
- ☐ Combine 1/2 cup flour, 1/3 cup Lemon–Vanilla Sugar, cinnamon, ginger, and mace in a small bowl.
- ☐ Cut 3 tablespoons margarine into spice mixture with a pastry blender until mixture resembles coarse meal; set spice topping aside.
- ☐ Combine apple slices and 2 tablespoons water in a large saucepan. Bring to a boil; reduce heat, and simmer, uncovered, 7 minutes or until apple is tender, stirring frequently.
- ☐ Remove from heat; stir in cornstarch mixture. Cook 1 minute or until thickened, stirring frequently. Cool mixture slightly.
- ☐ Spoon apple mixture into prepared pastry shell.
- ☐ Sprinkle with spice topping.
- ☐ Bake at 375 for 20 minutes or until topping is golden. Slice and serve warm or at room temperature. Top each serving with 1 tablespoon whipped topping.

Nutrition Facts



Properties

Glycemic Index:54.53, Glycemic Load:27.93, Inflammation Score:-5, Nutrition Score:5.4899999888047%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 6.11mg, Epicatechin: 6.11mg, Epicatechin: 6.11mg, Epicatechin: 6.11mg Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg

Nutrients (% of daily need)

Calories: 304.43kcal (15.22%), Fat: 11g (16.93%), Saturated Fat: 2.65g (16.54%), Carbohydrates: 49.65g (16.55%), Net Carbohydrates: 46.65g (16.96%), Sugar: 26.86g (29.84%), Cholesterol: 0.09mg (0.03%), Sodium: 158.83mg (6.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.9%), Vitamin B1: 0.2mg (13.55%), Fiber: 3g (11.99%), Manganese: 0.24mg (11.88%), Selenium: 8.24µg (11.77%), Folate: 46.4µg (11.6%), Vitamin A: 495.04IU (9.9%), Vitamin B2: 0.15mg (8.98%), Vitamin B3: 1.49mg (7.44%), Iron: 1.25mg (6.97%), Phosphorus: 42.04mg (4.2%), Vitamin E: 0.59mg (3.97%), Potassium: 136.04mg (3.89%), Vitamin C: 3.08mg (3.73%), Copper: 0.07mg (3.31%), Vitamin B6: 0.06mg (2.86%), Magnesium: 11.07mg (2.77%), Vitamin K: 2.13µg (2.03%), Calcium: 18.35mg (1.83%), Vitamin B5: 0.18mg (1.8%), Zinc: 0.22mg (1.44%)