



Maple-Apple Pie

 Dairy Free

READY IN



115 min.

SERVINGS



8

CALORIES



444 kcal

DESSERT

Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 0.7 cup shortening
- ☐ 4 tablespoons water cold
- ☐ 6 cups baking apples are apples that have a sweet-tart balance and hold their shape when peeled thinly sliced (5 medium)
- ☐ 0.5 cup brown sugar packed
- ☐ 3 tablespoons butter melted
- ☐ 6 tablespoons maple syrup

Equipment

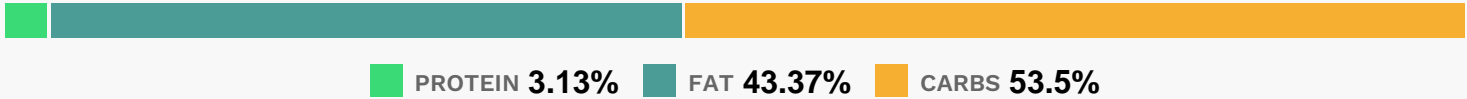
- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ rolling pin

Directions

- ☐ In medium bowl, mix flour and salt.
- ☐ Cut in shortening, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles are size of small peas.
- ☐ Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons more water can be added if necessary).
- ☐ Gather pastry into a ball. Divide in half; shape into 2 flattened rounds on lightly floured surface. Wrap in plastic wrap; refrigerate about 45 minutes or until dough is firm and cold, yet pliable. This allows the shortening to become slightly firm, which helps make the baked pastry more flaky. If refrigerated longer, let pastry soften slightly before rolling.
- ☐ Heat oven to 425°F. With floured rolling pin, roll 1 round into round 2 inches larger than upside-down 9-inch glass pie plate. Fold pastry into fourths; place in pie plate. Unfold and ease into plate, pressing firmly against bottom and side.
- ☐ In medium bowl, mix apples and brown sugar.
- ☐ Place in pastry-lined pie plate.
- ☐ Drizzle with butter and 3 tablespoons of the syrup. Trim overhanging edge of pastry 1/2 inch from rim of plate.
- ☐ Roll other round of pastry into 10-inch round. Fold into fourths and cut slits so steam can escape. Unfold pastry over filling; trim overhanging edge 1 inch from rim of plate. Fold and roll top edge under lower edge, pressing on rim to seal; flute as desired.
- ☐ Bake 15 minutes. Make diagonal cuts about 1 inch apart through top crust.

- ☐ Pour remaining syrup over top. Cover edge with 2- to 3-inch strip of foil to prevent excessive browning.
- ☐ Bake about 25 minutes or until crust is deep golden brown, removing foil for last 15 minutes of baking. Cool completely.

Nutrition Facts



Properties

Glycemic Index:17.94, Glycemic Load:24.36, Inflammation Score:-4, Nutrition Score:8.388260897087%

Flavonoids

Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 444.01kcal (22.2%), Fat: 21.78g (33.5%), Saturated Fat: 5.22g (32.64%), Carbohydrates: 60.43g (20.14%), Net Carbohydrates: 57.33g (20.85%), Sugar: 32.16g (35.73%), Cholesterol: 0mg (0%), Sodium: 348.01mg (15.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.07%), Manganese: 0.6mg (30.02%), Vitamin B2: 0.37mg (21.83%), Vitamin B1: 0.28mg (18.34%), Selenium: 10.76µg (15.37%), Folate: 60.19µg (15.05%), Fiber: 3.09g (12.38%), Vitamin K: 11.24µg (10.71%), Vitamin B3: 1.96mg (9.79%), Iron: 1.69mg (9.39%), Vitamin E: 1.4mg (9.32%), Potassium: 188.05mg (5.37%), Vitamin C: 4.32mg (5.24%), Vitamin A: 238.42IU (4.77%), Phosphorus: 45.82mg (4.58%), Magnesium: 16.19mg (4.05%), Calcium: 40.23mg (4.02%), Copper: 0.08mg (3.91%), Vitamin B5: 0.33mg (3.33%), Vitamin B6: 0.06mg (2.92%), Zinc: 0.37mg (2.45%)