



Marie Colbath's Apple Pie

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



340 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup butter chilled divided cut into small pieces,
- ☐ 1 egg white beaten
- ☐ 3 tablespoons flour all-purpose
- ☐ 11.3 ounces flour all-purpose
- ☐ 0.3 cup granulated sugar divided
- ☐ 1.1 teaspoons ground cinnamon divided
- ☐ 10 tablespoon ice water

- ☐ 1.3 teaspoons kosher salt divided
- ☐ 1 tablespoon juice of lemon
- ☐ 3 pounds mcintosh apples peeled sliced

Equipment

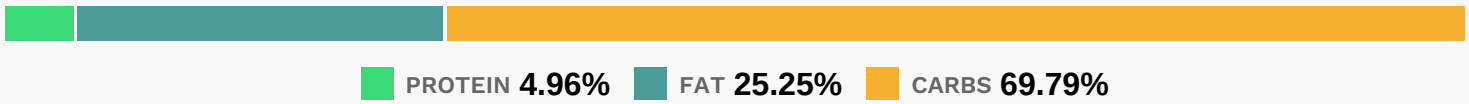
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Preheat oven to 42
- ☐ Lightly spoon 2 1/2 cups flour into dry measuring cups; level with a knife.
- ☐ Combine 2 1/2 cups flour and 1 teaspoon salt in a large bowl; cut in 1/2 cup butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Sprinkle surface with ice water, 1 tablespoon at a time; toss with a fork until moist and crumbly (do not form a ball).
- ☐ Divide dough in half. Gently press each half into a 4-inch circle on 2 sheets of overlapping heavy-duty plastic wrap; cover with 2 additional sheets of overlapping plastic wrap. Chill 30 minutes.
- ☐ Roll 1 dough half, still covered, into a 12-inch circle.
- ☐ Roll remaining dough half, still covered, into an 11-inch circle. Chill 30 minutes.
- ☐ Combine apple and juice in a bowl.
- ☐ Combine brown sugar, 1/4 cup granulated sugar, 3 tablespoons flour, 1 teaspoon cinnamon, and remaining 1/4 teaspoon salt in a small bowl.

- ☐ Sprinkle sugar mixture over apple mixture; toss well to coat.
- ☐ Remove top 2 sheets of plastic wrap from 12-inch dough circle; fit dough, plastic wrap side up, into a 9-inch deep-dish pie plate coated with cooking spray, allowing dough to extend over edge.
- ☐ Remove remaining plastic wrap. Spoon filling into dough, and dot with remaining 1 tablespoon butter; brush edges of dough lightly with water.
- ☐ Remove top 2 sheets of plastic wrap from 11-inch dough circle; place, plastic wrap side up, over filling.
- ☐ Remove the remaining plastic wrap. Press edges of dough together. Fold edges under, and flute.
- ☐ Cut 4 (1-inch) slits in top of dough to allow steam to escape.
- ☐ Combine remaining 1 tablespoon granulated sugar and remaining 1/8 teaspoon cinnamon in a small bowl.
- ☐ Brush top and edges of dough with egg white; sprinkle with sugar mixture.
- ☐ Place pie on a baking sheet.
- ☐ Bake at 425 for 25 minutes. Reduce oven temperature to 350 (do not remove pie from oven); bake an additional 30 minutes or until golden. Shield pie with foil, if necessary. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:30.71, Glycemic Load:27.31, Inflammation Score:-5, Nutrition Score:7.6947825732438%

Flavonoids

Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 10.25mg, Epicatechin: 10.25mg, Epicatechin: 10.25mg, Epicatechin: 10.25mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg

Nutrients (% of daily need)

Calories: 339.92kcal (17%), Fat: 9.8g (15.07%), Saturated Fat: 5.93g (37.04%), Carbohydrates: 60.92g (20.31%), Net Carbohydrates: 56.61g (20.58%), Sugar: 29.98g (33.31%), Cholesterol: 24.4mg (8.13%), Sodium: 374.61mg (16.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.66%), Vitamin B1: 0.29mg (19.48%), Selenium: 12.46µg (17.8%), Fiber: 4.31g (17.25%), Folate: 67.45µg (16.86%), Manganese: 0.33mg (16.41%), Vitamin B2: 0.22mg (13.08%), Vitamin B3: 2.16mg (10.82%), Iron: 1.86mg (10.31%), Vitamin C: 6.85mg (8.3%), Vitamin A: 357.87IU (7.16%), Potassium: 207.06mg (5.92%), Phosphorus: 55.72mg (5.57%), Copper: 0.1mg (4.79%), Magnesium: 16.24mg (4.06%), Vitamin B6: 0.08mg (3.84%), Vitamin K: 3.96µg (3.77%), Vitamin E: 0.54mg (3.57%), Calcium: 28.37mg (2.84%), Vitamin B5: 0.27mg (2.68%), Zinc: 0.32mg (2.1%)