

Marlborough Pie

READY IN



45 min.

SERVINGS



8

CALORIES



236 kcal

DESSERT

Ingredients

- 2 cups apple sauce sweetened
- 2 tablespoons cooking sherry
- 2 large eggs
- 0.5 cup evaporated skim milk
- 1 cup flour all-purpose divided
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg
- 3.5 tablespoons water
- 2 tablespoons juice of lemon

- 2 tablespoons stick margarine melted reduced-calorie
- 0.3 teaspoon salt
- 0.5 cup sugar
- 1 teaspoon sugar
- 3 tablespoons shortening

Equipment

- bowl
- oven
- whisk
- wire rack
- blender
- plastic wrap

Directions

- Preheat oven to 400
- Combine 1/4 cup flour and ice water; stir with a whisk until well-blended. Set aside.
- Combine 3/4 cup flour, 1 teaspoon sugar, and salt in a bowl; cut in shortening with a pastry blender or 2 knives until mixture resembles coarse meal.
- Add ice water mixture; mix with a fork until flour mixture is moist. Gently press mixture into a 4-inch circle on heavy-duty plastic wrap; cover with additional plastic wrap.
- Roll dough, still covered, into an 11-inch circle; chill for 10 minutes or until plastic can be easily removed.
- Remove top sheet of plastic; fit dough, uncovered side down, into a 9-inch pie plate coated with cooking spray.
- Remove bottom sheet of plastic. Fold edges under; flute. Pierce bottom and sides of dough with a fork.
- Bake at 400 for 8 minutes; cool on a wire rack.
- Combine applesauce and remaining ingredients in a bowl, and stir well with a whisk.

Pour into prepared crust; bake at 400 for 10 minutes. Reduce oven temperature to 325; bake an additional 55 minutes or until filling is set. Cool completely on a wire rack.

Garnish with cinnamon sticks, if desired.

Nutrition Facts

PROTEIN 7.64% **FAT 35.02%** **CARBS 57.34%**

Properties

Glycemic Index:38.15, Glycemic Load:17.73, Inflammation Score:-3, Nutrition Score:5.4843477995499%

Flavonoids

Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epicatechin: 3.32mg, Epicatechin: 3.32mg, Epicatechin: 3.32mg, Epicatechin: 3.32mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 236.45kcal (11.82%), Fat: 9.29g (14.29%), Saturated Fat: 2.28g (14.22%), Carbohydrates: 34.2g (11.4%), Net Carbohydrates: 33.02g (12.01%), Sugar: 20.77g (23.07%), Cholesterol: 47.14mg (15.71%), Sodium: 146.11mg (6.35%), Alcohol: 0.39g (100%), Alcohol %: 0.35% (100%), Protein: 4.56g (9.12%), Selenium: 9.81µg (14.01%), Vitamin B2: 0.21mg (12.18%), Vitamin B1: 0.15mg (10.23%), Folate: 38.62µg (9.65%), Phosphorus: 77.91mg (7.79%), Manganese: 0.16mg (7.77%), Iron: 1.17mg (6.48%), Calcium: 61.64mg (6.16%), Vitamin A: 281.12IU (5.62%), Vitamin B3: 1.02mg (5.11%), Fiber: 1.18g (4.73%), Vitamin B5: 0.45mg (4.46%), Vitamin E: 0.66mg (4.37%), Potassium: 141.34mg (4.04%), Vitamin D: 0.57µg (3.8%), Magnesium: 12.06mg (3.01%), Zinc: 0.45mg (2.97%), Vitamin B6: 0.06mg (2.88%), Vitamin K: 3µg (2.85%), Vitamin C: 2.27mg (2.75%), Copper: 0.05mg (2.72%), Vitamin B12: 0.15µg (2.56%)