



Marshmallow Apple Pie

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



137 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter
- ☐ 6 granny smith apples
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 14 large marshmallows
- ☐ 1 pinch salt
- ☐ 0.5 cup sugar white

Equipment

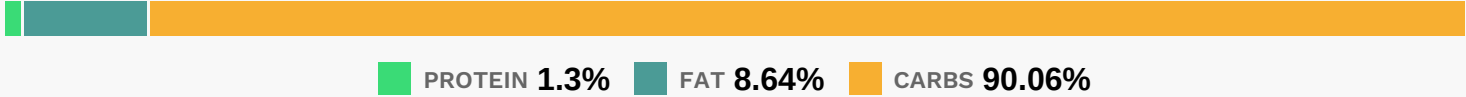
- ☐ oven

☐ pie form

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees F). Line pie pan with plain pastry.
- ☐ Peel, remove core and slice apples.
- ☐ Place in pie shell.
- ☐ Combine sugar, salt and nutmeg.
- ☐ Sprinkle over apples. Dot with butter.
- ☐ Bake at 425 degrees F (220 degrees C) for 30 minutes, or until crust is brown and the apples are tender.
- ☐ Remove from oven.
- ☐ Cover the apples with halved marshmallows. Brown in slow oven 325 degrees F (165 degrees C).
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:28.26, Glycemic Load:15.8, Inflammation Score:-2, Nutrition Score:1.8552173884666%

Flavonoids

Cyanidin: 1.71mg, Cyanidin: 1.71mg, Cyanidin: 1.71mg, Cyanidin: 1.71mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 8.22mg, Epicatechin: 8.22mg, Epicatechin: 8.22mg, Epicatechin: 8.22mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

Nutrients (% of daily need)

Calories: 137.01kcal (6.85%), Fat: 1.41g (2.17%), Saturated Fat: 0.78g (4.89%), Carbohydrates: 33.05g (11.02%), Net Carbohydrates: 30.4g (11.05%), Sugar: 27.01g (30.01%), Cholesterol: 3.01mg (1%), Sodium: 21.93mg (0.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.96%), Fiber: 2.65g (10.61%), Vitamin C: 5.03mg (6.09%), Potassium: 118.22mg (3.38%), Vitamin K: 2.5µg (2.38%), Vitamin B6: 0.05mg (2.26%), Manganese: 0.04mg (2.12%), Copper: 0.04mg (2.04%), Vitamin A: 94.06IU (1.88%), Vitamin B2: 0.03mg (1.82%), Vitamin E: 0.23mg (1.53%), Magnesium: 5.87mg (1.47%), Phosphorus: 13.35mg (1.33%), Vitamin B1: 0.02mg (1.27%)