



Mile-High Apple Pie



Vegetarian



Gluten Free

READY IN



265 min.

SERVINGS



12

CALORIES



124 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon ground cinnamon
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons milk
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 3 tablespoons potato flour
- ☐ 8 large golden delicious apples cored peeled cut into 1/8 inch slices
- ☐ 0.3 cup butter unsalted cold cut into 1/4-inch pieces
- ☐ 1 tablespoon sugar white

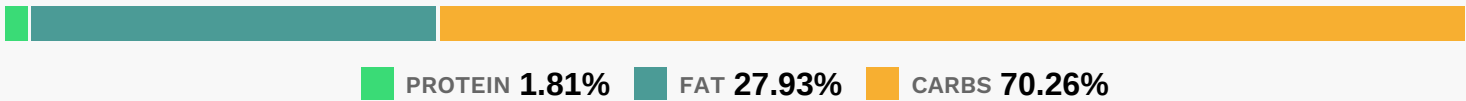
Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C). Position an oven rack in the lower part of the oven and place a baking stone on it.
- ☐ Place the apples into a large mixing bowl, and toss with the lemon juice.
- ☐ Stir the potato starch, 3/4 cup sugar, cinnamon, and nutmeg together in a bowl.
- ☐ Roll out half of the pie crust pastry on a lightly floured surface and fit it into a 10 inch pie plate. Pile half the apples into the crust, and dot with half the butter pieces.
- ☐ Sprinkle half of the potato starch-cinnamon sugar mixture over the apples. Pile the remaining apples into the pie plate.
- ☐ Sprinkle with the remaining butter pieces and sugar mixture.
- ☐ Roll out the remaining pie crust pastry, and place carefully over the apples. Pinch and crimp the edges to seal the crusts. Use a fork to poke holes in the top crust in a few places.
- ☐ Brush the top crust with milk, and sprinkle with 1 tablespoon sugar.
- ☐ Place the pie in the preheated oven on the baking stone. Immediately lower the heat to 350 degrees F (175 degrees C).
- ☐ Bake until the crust is golden brown, about 60 minutes. Check half way through the baking time, and cover the edges with aluminum foil for the last 30 minutes if necessary to prevent over-browning. Cool 3 hours on a wire rack before serving.

Nutrition Facts



Properties

Glycemic Index:17.92, Glycemic Load:6.15, Inflammation Score:-3, Nutrition Score:2.9043477838454%

Flavonoids

Cyanidin: 2.33mg, Cyanidin: 2.33mg, Cyanidin: 2.33mg, Cyanidin: 2.33mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.93mg, Catechin: 1.93mg, Catechin: 1.93mg, Catechin: 1.93mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 11.19mg, Epicatechin: 11.19mg, Epicatechin: 11.19mg, Epicatechin: 11.19mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg

Nutrients (% of daily need)

Calories: 123.61kcal (6.18%), Fat: 4.15g (6.38%), Saturated Fat: 2.5g (15.63%), Carbohydrates: 23.46g (7.82%), Net Carbohydrates: 19.67g (7.15%), Sugar: 16.62g (18.47%), Cholesterol: 10.27mg (3.42%), Sodium: 3.47mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.21%), Fiber: 3.79g (15.15%), Vitamin C: 7.41mg (8.98%), Potassium: 183.65mg (5.25%), Manganese: 0.09mg (4.45%), Vitamin A: 200.42IU (4.01%), Vitamin B6: 0.08mg (3.89%), Vitamin K: 3.66µg (3.48%), Vitamin E: 0.39mg (2.59%), Vitamin B2: 0.04mg (2.52%), Copper: 0.05mg (2.31%), Magnesium: 9.18mg (2.29%), Phosphorus: 21.99mg (2.2%), Vitamin B1: 0.03mg (2.07%), Calcium: 14.21mg (1.42%), Folate: 5.39µg (1.35%), Iron: 0.22mg (1.24%), Vitamin B5: 0.11mg (1.11%), Vitamin B3: 0.21mg (1.06%)