



## Miss Hattie's Apple Pie

READY IN



120 min.

SERVINGS



8

CALORIES



508 kcal

DESSERT

### Ingredients

- 3 tablespoons butter melted
- 12 granny smith apples cored unpeeled quartered
- 2 teaspoons ground cinnamon
- 1.5 teaspoons ground cloves
- 1 teaspoon nutmeg freshly grated
- 2 9-inch unbaked pie crusts ()
- 1 cup sugar white

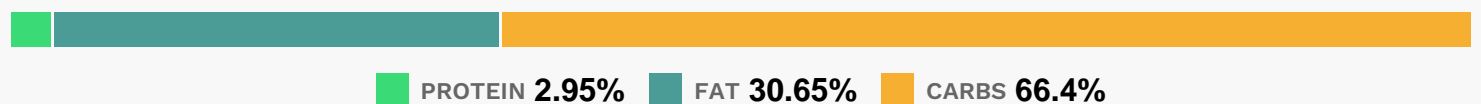
### Equipment

- bowl
- frying pan
- oven
- aluminum foil
- cookie cutter
- cutting board

## Directions

- Preheat oven to 375 degrees F (190 degrees C.)
- Shred the apples into a large bowl. Stir in sugar, cinnamon, cloves and nutmeg.
- Mix well and place in bottom crust. Dot the top with 3 tablespoons butter.
- On a cutting board, place rolled out (or packaged) pie crust. With a leaf or apple cookie cutter, cut shapes from the pie crust. Position the cutouts all over the top of the pie, leaving small spaces between cutouts for the vent holes.
- Bake in the preheated oven for 30 minutes.
- Remove pie from oven and brush with 3 tablespoons melted butter. Return to oven and bake an additional 15 minutes, or until golden brown.
- Place a piece of aluminum foil under the pan in case it boils over.

## Nutrition Facts



## Properties

Glycemic Index:28.39, Glycemic Load:27.47, Inflammation Score:-5, Nutrition Score:8.7973913174608%

## Flavonoids

Cyanidin: 4.29mg, Cyanidin: 4.29mg, Cyanidin: 4.29mg, Cyanidin: 4.29mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.55mg, Catechin: 3.55mg, Catechin: 3.55mg, Catechin: 3.55mg Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg Epicatechin: 20.56mg, Epicatechin: 20.56mg, Epicatechin: 20.56mg, Epicatechin: 20.56mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-

gallate: 0.52mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Quercetin: 10.95mg, Quercetin: 10.95mg, Quercetin: 10.95mg, Quercetin: 10.95mg

## **Nutrients (% of daily need)**

Calories: 507.93kcal (25.4%), Fat: 17.98g (27.67%), Saturated Fat: 6.94g (43.35%), Carbohydrates: 87.66g (29.22%), Net Carbohydrates: 79.41g (28.88%), Sugar: 53.44g (59.37%), Cholesterol: 11.29mg (3.76%), Sodium: 242.37mg (10.54%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.89g (7.78%), Fiber: 8.25g (32.99%), Manganese: 0.64mg (31.88%), Vitamin C: 12.59mg (15.25%), Vitamin B1: 0.19mg (12.38%), Folate: 43.66µg (10.92%), Vitamin K: 10.71µg (10.2%), Potassium: 349.23mg (9.98%), Iron: 1.73mg (9.64%), Vitamin B2: 0.16mg (9.63%), Vitamin B3: 1.62mg (8.08%), Vitamin B6: 0.14mg (6.99%), Phosphorus: 68.53mg (6.85%), Copper: 0.12mg (5.93%), Vitamin E: 0.89mg (5.92%), Magnesium: 22.98mg (5.75%), Vitamin A: 281.45IU (5.63%), Selenium: 3.1µg (4.43%), Vitamin B5: 0.38mg (3.79%), Calcium: 35.23mg (3.52%), Zinc: 0.36mg (2.43%)