

Mock Apple Pie I

READY IN



45 min.

SERVINGS



8

CALORIES



286 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1.8 cups buttery round crackers crushed
- ☐ 2 teaspoons cream of tartar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 tablespoons juice of lemon
- ☐ 1 tablespoon lemon zest
- ☐ 2 cups water
- ☐ 2 cups sugar white

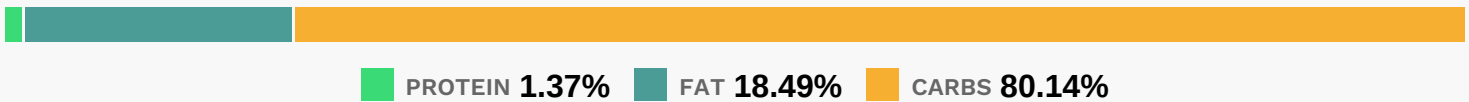
Equipment

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Roll out half of the pastry and line one 9 inch pie plate.
- ☐ Place the crackers in the prepared crust.
- ☐ In a saucepan, over high heat, bring water, sugar and cream of tartar to a boil and then simmer for 15 minutes. Stir in lemon juice and rind then let cool.
- ☐ Pour syrup over the crackers. Dot top with butter or margarine and sprinkle with cinnamon.
- ☐ Roll out remaining pastry and place over pie. Trim, seal and flute edges. Slit top crust to allow steam to escape.
- ☐ Bake at 425 degrees F (220 degrees C) for 30 to 35 minutes or until crust is crisp and golden.
- ☐ Let pie cool completely before serving.

Nutrition Facts



Properties

Glycemic Index:15.64, Glycemic Load:34.91, Inflammation Score:-1, Nutrition Score:2.3530434826794%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 285.59kcal (14.28%), Fat: 6.06g (9.32%), Saturated Fat: 2.52g (15.73%), Carbohydrates: 59.08g (19.69%), Net Carbohydrates: 58.62g (21.32%), Sugar: 51.1g (56.78%), Cholesterol: 7.53mg (2.51%), Sodium: 142.21mg (6.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.02%), Vitamin K: 6.85µg (6.52%), Manganese: 0.1mg (4.83%), Potassium: 146.81mg (4.19%), Vitamin B1: 0.06mg (3.97%), Phosphorus: 37.18mg (3.72%), Iron: 0.66mg

(3.66%), Vitamin E: 0.55mg (3.66%), Vitamin B3: 0.65mg (3.25%), Vitamin C: 2.42mg (2.94%), Vitamin B2: 0.05mg (2.75%), Folate: 10.41µg (2.6%), Calcium: 25.87mg (2.59%), Fiber: 0.46g (1.84%), Vitamin A: 88.43IU (1.77%), Copper: 0.03mg (1.62%), Selenium: 0.95µg (1.36%)