



Mock Apple Pie IV

READY IN



150 min.

SERVINGS



8

CALORIES



187 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter
- ☐ 28 buttery round crackers
- ☐ 2 teaspoons cream of tartar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 cups water
- ☐ 1.3 cups sugar white

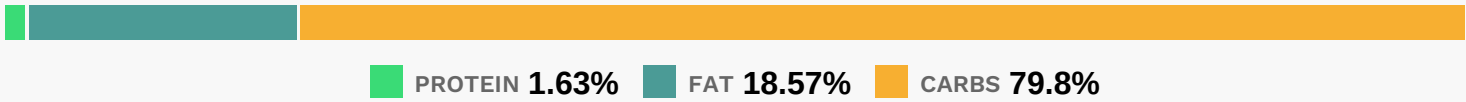
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ pie form

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Line a 9 inch pie dish with pastry.
- ☐ In a large saucepan, combine water and sugar. Cook over high heat until boiling. Put in cream of tartar and reduce heat to simmer. Drop the crackers in, one at a time, and stir until mixture is translucent.
- ☐ Remove from heat and sir in cinnamon, nutmeg and butter.
- ☐ Let filling cool, then put into pie crust. Cover with top crust, seal and flute edges.
- ☐ Bake in the preheated oven for 60 to 75 minutes, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:24.39, Glycemic Load:21.83, Inflammation Score:-1, Nutrition Score:1.8173913021936%

Nutrients (% of daily need)

Calories: 187.4kcal (9.37%), Fat: 3.98g (6.13%), Saturated Fat: 1.49g (9.31%), Carbohydrates: 38.49g (12.83%), Net Carbohydrates: 38.1g (13.85%), Sugar: 32.07g (35.63%), Cholesterol: 3.76mg (1.25%), Sodium: 107.56mg (4.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.58%), Manganese: 0.1mg (5.25%), Vitamin K: 5.45µg (5.19%), Potassium: 138.59mg (3.96%), Vitamin B1: 0.05mg (3.12%), Iron: 0.54mg (2.98%), Phosphorus: 29.42mg (2.94%), Vitamin E: 0.41mg (2.75%), Vitamin B3: 0.52mg (2.59%), Calcium: 21.36mg (2.14%), Vitamin B2: 0.03mg (2.03%), Folate: 7.68µg (1.92%), Fiber: 0.39g (1.55%), Copper: 0.03mg (1.38%)