

## No Sugar Apple Pie

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



249 kcal

### Ingredients

- 12 ounces apple juice concentrate unsweetened
- 6 cups apples thinly sliced
- 3 tablespoons cornstarch
- 1 tablespoon ground cinnamon
- 2 9-inch pie crusts

### Equipment

- sauce pan
- oven
- whisk

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Whisk together the cornstarch, cinnamon and 1/4 of the apple juice.
- In a saucepan over medium heat, simmer the apples in the remaining apple juice until tender.
- Add the cornstarch mixture and stir until thickened.
- Pour into bottom crust and cover with top crust.
- Bake for 45 minutes.

## Nutrition Facts



## Properties

Glycemic Index:7.78, Glycemic Load:4.29, Inflammation Score:-2, Nutrition Score:4.5882608942364%

## Flavonoids

Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.4mg, Catechin: 1.4mg, Catechin: 1.4mg, Catechin: 1.4mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 7.25mg, Epicatechin: 7.25mg, Epicatechin: 7.25mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

## Nutrients (% of daily need)

Calories: 248.57kcal (12.43%), Fat: 10.61g (16.32%), Saturated Fat: 3.3g (20.59%), Carbohydrates: 36.48g (12.16%), Net Carbohydrates: 33.16g (12.06%), Sugar: 11.09g (12.32%), Cholesterol: 0mg (0%), Sodium: 166.01mg (7.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.46%), Manganese: 0.37mg (18.46%), Fiber: 3.31g (13.26%), Vitamin B1: 0.13mg (8.67%), Folate: 30.3µg (7.57%), Iron: 1.25mg (6.94%), Vitamin B3: 1.18mg (5.92%), Vitamin B2: 0.09mg (5.51%), Vitamin C: 3.79mg (4.59%), Vitamin K: 4.82µg (4.59%), Potassium: 156.93mg (4.48%), Phosphorus: 40.26mg (4.03%), Selenium: 2.41µg (3.44%), Magnesium: 12mg (3%), Vitamin B6: 0.06mg (2.91%), Copper: 0.06mg (2.91%), Calcium: 22.89mg (2.29%), Vitamin E: 0.34mg (2.27%), Vitamin B5: 0.23mg (2.27%), Zinc: 0.23mg (1.55%)