



Oak Glen Apple Pie with Cinnamon Sauce



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



171 kcal

DESSERT

Ingredients

- ☐ 1.3 cups apple juice
- ☐ 0.8 cup firmly brown sugar packed
- ☐ 1 cinnamon sticks (3 in.)
- ☐ 4.5 tablespoons cornstarch
- ☐ 8 servings pastry for a double-crust 9-inch pie
- ☐ 0.5 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg

- ☐ 1 tablespoons juice of lemon
- ☐ 1 strip orange peel ()
- ☐ 9 cups stayman winesap cored peeled thinly sliced ()
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Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Mix apple slices with 1/2 cup granulated sugar, 3 tablespoons cornstarch, 1 tablespoon lemon juice, and ground cinnamon and nutmeg. Taste and, if desired, add more granulated sugar and lemon juice.
- ☐ On a lightly floured board, roll half the pastry into a round 1/8 inch thick. Line a 9-inch pie pan with pastry. Fill with apple mixture.
- ☐ On a lightly floured board, roll remaining pastry into a 1/8-inch-thick round and lay over apple mixture. Fold edges of top pastry over edges of the bottom one and crimp to seal together.
- ☐ Cut decorative slits in top pastry and sprinkle with about 1 tablespoon granulated sugar.
- ☐ Bake on the lowest rack in a 375 oven until juices bubble in center of pie, 1 to 1 1/4 hours. If pastry edges brown before pie is done, drape affected areas with foil. Cool pie on a rack at least 2 hours.
- ☐ Meanwhile, in a 1 1/2- to 2-quart pan, combine apple juice, cinnamon stick, and orange peel. Cover and simmer over low heat for 15 minutes. Stir in brown sugar until it dissolves.
- ☐ Mix remaining 1 1/2 tablespoons cornstarch smoothly with 3 tablespoons water; stir into juice mixture over high heat until sauce boils. Discard cinnamon stick and orange peel.
- ☐ Cut warm or cool pie into wedges; top each portion with vanilla ice cream and warm or cool cinnamon sauce.

Nutrition Facts



 PROTEIN **0.44%**  FAT **2.73%**  CARBS **96.83%**

Properties

Glycemic Index:30.86, Glycemic Load:10.87, Inflammation Score:-1, Nutrition Score:1.2447826282486%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epicatechin: 1.95mg, Epicatechin: 1.95mg, Epicatechin: 1.95mg, Epicatechin: 1.95mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 171.18kcal (8.56%), Fat: 0.54g (0.82%), Saturated Fat: 0.14g (0.88%), Carbohydrates: 42.72g (14.24%), Net Carbohydrates: 42.16g (15.33%), Sugar: 36.56g (40.63%), Cholesterol: 0mg (0%), Sodium: 10.56mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.39%), Manganese: 0.18mg (8.77%), Calcium: 28.37mg (2.84%), Fiber: 0.56g (2.25%), Potassium: 76.03mg (2.17%), Vitamin C: 1.47mg (1.78%), Iron: 0.31mg (1.74%), Magnesium: 5.03mg (1.26%), Copper: 0.02mg (1.15%), Selenium: 0.76µg (1.09%)