



# Old-Fashioned All-American Apple Pie



Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



146 kcal

DESSERT

## Ingredients

- ☐ 3 tablespoons butter cut in small bits
- ☐ 3 tablespoons flour all-purpose sifted
- ☐ 10 servings granulated sugar (see Note)
- ☐ 10 servings ground cinnamon
- ☐ 6 baking apples are apples that have a sweet-tart balance and hold their shape when such as rhode island greenings, gravensteins or granny smiths ( 3 pounds) firm

## Equipment

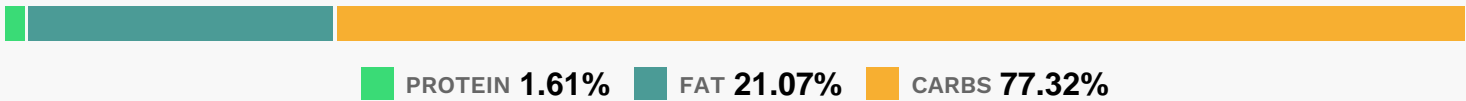
- ☐ frying pan

- ☐ oven
- ☐ knife
- ☐ pie form

## Directions

- ☐ Prepare the pie dough, divide half and roll out each half no more than 1/4 inch thick. Line a 9-inch pie pan with one. Keep lined pan and top crust chilled.
- ☐ Preheat the oven to 375 degrees. Peel and core the apples and slice them about 1/4 inch thick. Toss with sugar and cinnamon to taste and with the flour. Fill the pie with the apple slices, mounding them somewhat in the center. Dot with butter. Cover loosely with the top crust, using a little water to seal the crusts together. Crimp the edges. Using a fork or the tip of a knife, make several vents in the top crust.
- ☐ Place in the preheated oven and bake for 1 hour or until golden brown. The smell will tell you when it is ready.
- ☐ Serve while still warm.
- ☐ The amount of sugar is determined by how sweet the apples are. It would be a mistake to oversweeten or overseason them.
- ☐ Jasper White's Cooking from New England by Jasper White
- ☐ Biscuit Books

## Nutrition Facts



## Properties

Glycemic Index:23.21, Glycemic Load:13.63, Inflammation Score:-2, Nutrition Score:3.3982608755646%

## Flavonoids

Cyanidin: 1.71mg, Cyanidin: 1.71mg, Cyanidin: 1.71mg, Cyanidin: 1.71mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 8.22mg, Epicatechin: 8.22mg, Epicatechin: 8.22mg, Epicatechin: 8.22mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Epigallocatechin 3–gallate: 0.21mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg  
Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 4.38mg, Quercetin:  
4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

**Nutrients (% of daily need)**

Calories: 146.23kcal (7.31%), Fat: 3.68g (5.66%), Saturated Fat: 2.2g (13.75%), Carbohydrates: 30.35g (10.12%), Net  
Carbohydrates: 26.61g (9.68%), Sugar: 23.38g (25.98%), Cholesterol: 9.03mg (3.01%), Sodium: 28.46mg (1.24%),  
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Manganese: 0.4mg (20.17%), Fiber: 3.74g  
(14.97%), Vitamin C: 5.1mg (6.18%), Potassium: 129.12mg (3.69%), Vitamin A: 169.83IU (3.4%), Vitamin K: 3.33µg  
(3.17%), Calcium: 28.06mg (2.81%), Vitamin B2: 0.04mg (2.59%), Vitamin B1: 0.04mg (2.46%), Vitamin B6: 0.05mg  
(2.45%), Vitamin E: 0.34mg (2.28%), Iron: 0.41mg (2.27%), Copper: 0.04mg (2.02%), Folate: 7.64µg (1.91%),  
Magnesium: 7.24mg (1.81%), Phosphorus: 16.73mg (1.67%), Selenium: 0.94µg (1.34%), Vitamin B3: 0.26mg (1.3%)