



Old-Fashioned Lattice-Top Apple Pie

READY IN



45 min.

SERVINGS



8

CALORIES



564 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons all purpose flour
- ☐ 0.3 cup brown sugar packed ()
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 6 tablespoons ice water ()
- ☐ 1 tablespoon juice of lemon
- ☐ 2 teaspoons lemon zest grated
- ☐ 8 servings milk
- ☐ 3 pounds golden delicious apples cored peeled thinly sliced
- ☐ 0.8 teaspoon salt

- ☐ 0.3 cup solid vegetable shortening diced chilled
- ☐ 0.5 cup sugar
- ☐ 8 servings additional sugar
- ☐ 10 tablespoons butter unsalted chilled cut into 1/2-inch pieces ()

Equipment

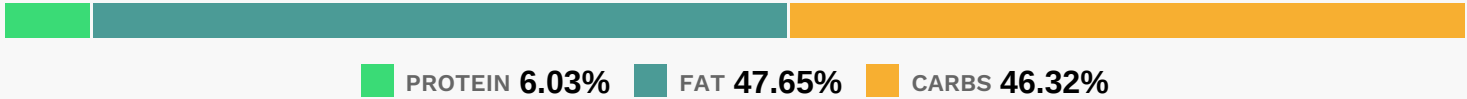
- ☐ bowl
- ☐ oven
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Blend flour, sugar and salt in processor.
- ☐ Add butter and shortening and cut in using on/off turns until mixture resembles coarse meal.
- ☐ Add 6 tablespoons ice water and process until moist clumps form, adding more water by teaspoonfuls if dough is dry. Gather into ball; divide into 2 pieces. Flatten each into disk. Wrap each in plastic; chill 2 hours. (Can be made 2 days ahead. Keep chilled.
- ☐ Let dough soften slightly before rolling out.)
- ☐ Position rack in lowest third of oven and preheat to 400°F.
- ☐ Mix first 6 ingredients in large bowl.
- ☐ Add apples and toss to blend.
- ☐ Roll out 1 dough disk on floured surface to 12-inch round.
- ☐ Transfer to 9-inch-diameter glass pie dish. Fold edge under, forming high-standing rim; crimp.
- ☐ Add filling.
- ☐ Roll out second dough disk on floured surface to 13-inch round.
- ☐ Cut into twelve 1-inch-wide strips. Arrange 6 strips across pie. Form lattice by arranging 6 strips diagonally across first strips. Gently press ends into crust edges.
- ☐ Brush lattice with milk.
- ☐ Sprinkle lightly with additional sugar.

- ☐ Bake pie 10 minutes. Reduce oven temperature to 375°F. Continue baking until juices bubble thickly and crust is deep golden, covering edges with foil if browning too quickly, about 1 hour 20 minutes. Cool on rack 1 hour. (Can be made 8 hours ahead.
- ☐ Let stand on rack.)

Nutrition Facts



Properties

Glycemic Index:44.4, Glycemic Load:28.68, Inflammation Score:-6, Nutrition Score:12.232174002606%

Flavonoids

Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 12.81mg, Epicatechin: 12.81mg, Epicatechin: 12.81mg, Epicatechin: 12.81mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg

Nutrients (% of daily need)

Calories: 563.92kcal (28.2%), Fat: 30.95g (47.61%), Saturated Fat: 15.72g (98.27%), Carbohydrates: 67.68g (22.56%), Net Carbohydrates: 63.48g (23.08%), Sugar: 60.64g (67.38%), Cholesterol: 66.9mg (22.3%), Sodium: 317.53mg (13.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.81g (17.62%), Calcium: 322.16mg (32.22%), Phosphorus: 271.93mg (27.19%), Vitamin B2: 0.4mg (23.62%), Vitamin B12: 1.35µg (22.46%), Vitamin D: 2.95µg (19.64%), Vitamin A: 924.85IU (18.5%), Fiber: 4.2g (16.79%), Potassium: 566.73mg (16.19%), Vitamin B1: 0.18mg (12.25%), Vitamin B6: 0.22mg (11.23%), Vitamin C: 9.2mg (11.15%), Vitamin B5: 1.11mg (11.13%), Magnesium: 39.53mg (9.88%), Vitamin K: 10.25µg (9.76%), Vitamin E: 1.36mg (9.09%), Selenium: 5.68µg (8.12%), Zinc: 1.11mg (7.38%), Manganese: 0.09mg (4.49%), Copper: 0.06mg (3.09%), Vitamin B3: 0.54mg (2.7%), Folate: 9.59µg (2.4%), Iron: 0.37mg (2.06%)