



Open-Face Apple Pie with Salted Pecan Crumble

READY IN



15 min.

SERVINGS



8

CALORIES



307 kcal

DESSERT

Ingredients

- ☐ 8 servings garnish: caramel sauce prepared
- ☐ 2 tablespoons cornstarch
- ☐ 5 granny smith apples cored peeled sliced
- ☐ 1 teaspoon ground nutmeg
- ☐ 1 teaspoon lemon zest
- ☐ 8 servings pecan crumble salted
- ☐ 8 servings pie dough
- ☐ 0.5 cup sugar

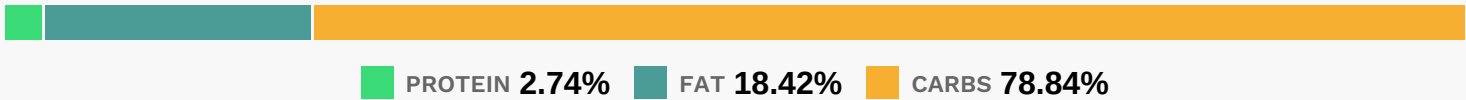
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 4 ingredients in a large bowl; add apple slices, tossing to coat.
- ☐ Roll Pie Dough to 1/4-inch thickness on a lightly floured surface.
- ☐ Transfer gently to 9-inch pie plate; trim excess dough around edges, and crimp. Arrange apple mixture over pastry. Top with Salted Pecan Crumble.
- ☐ Bake 1 hour, 30 minutes or until apples are tender and topping is golden brown.
- ☐ Remove from oven; cool completely before slicing.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:22.76, Glycemic Load:12.93, Inflammation Score:-2, Nutrition Score:3.9686956923941%

Flavonoids

Cyanidin: 1.89mg, Cyanidin: 1.89mg, Cyanidin: 1.89mg, Cyanidin: 1.89mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 8.57mg, Epicatechin: 8.57mg, Epicatechin: 8.57mg, Epicatechin: 8.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg

Nutrients (% of daily need)

Calories: 306.75kcal (15.34%), Fat: 6.59g (10.13%), Saturated Fat: 1.89g (11.83%), Carbohydrates: 63.41g (21.14%), Net Carbohydrates: 59.95g (21.8%), Sugar: 47.23g (52.47%), Cholesterol: 0mg (0%), Sodium: 224.81mg (9.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.41%), Fiber: 3.45g (13.81%), Manganese: 0.21mg (10.38%), Vitamin C: 5.77mg (7%), Vitamin B1: 0.09mg (5.69%), Potassium: 174.41mg (4.98%), Folate: 19.53µg (4.88%), Phosphorus: 47.01mg (4.7%), Iron: 0.74mg (4.11%), Vitamin B2: 0.07mg (4.1%), Vitamin K: 4.09µg (3.89%), Vitamin B3: 0.69mg (3.47%), Calcium: 32.12mg (3.21%), Copper: 0.06mg (3.17%), Magnesium: 12.64mg (3.16%), Vitamin B6: 0.06mg (3.01%), Selenium: 1.91µg (2.72%), Vitamin B5: 0.23mg (2.28%), Vitamin E: 0.34mg (2.25%), Vitamin A: 98.58IU (1.97%), Zinc: 0.19mg (1.3%), Vitamin B12: 0.07µg (1.2%)