



Open-Faced Apple Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



275 kcal

DESSERT

Ingredients

- ☐ 3 cups apples chopped
- ☐ 0.5 cup butter
- ☐ 1 cup plus
- ☐ 2 eggs beaten
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 4 packets granulated artificial sweetener
- ☐ 1 teaspoon vanilla extract

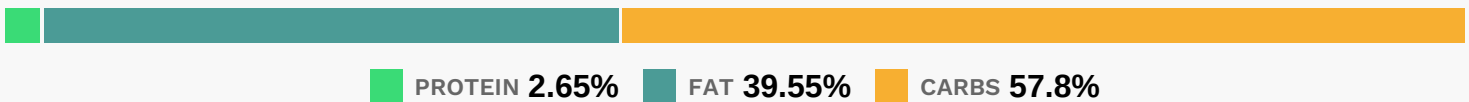
Equipment

☐ oven

Directions

- ☐ Cook corn syrup, Sweet 'n' Low, butter, flour until the mixture coats a spoon.
- ☐ Add beaten eggs, mix well.
- ☐ Add vanilla and nutmeg.
- ☐ Put chopped apples into crust.
- ☐ Pour cooked mixture over apples.
- ☐ Bake 15 minutes at 425 degrees F (220 degrees C). Turn oven back to 350 degrees F (175 degrees C) for 30 minutes. Cool before cutting.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:9.51, Inflammation Score:-3, Nutrition Score:2.8821739062019%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 274.79kcal (13.74%), Fat: 12.79g (19.68%), Saturated Fat: 7.69g (48.04%), Carbohydrates: 42.06g (14.02%), Net Carbohydrates: 40.46g (14.71%), Sugar: 37.89g (42.1%), Cholesterol: 71.42mg (23.81%), Sodium: 133.86mg (5.82%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Protein: 1.93g (3.85%), Vitamin A: 439.39IU (8.79%), Selenium: 4.77µg (6.82%), Fiber: 1.23g (4.91%), Vitamin B2: 0.08mg (4.81%), Vitamin B1: 0.06mg (4.05%), Vitamin E: 0.53mg (3.54%), Phosphorus: 33.67mg (3.37%), Folate: 12.24µg (3.06%), Vitamin C: 2.16mg (2.62%), Zinc: 0.38mg

(2.56%), Vitamin B5: 0.23mg (2.25%), Manganese: 0.04mg (2.17%), Iron: 0.39mg (2.15%), Potassium: 73.35mg (2.1%), Vitamin B12: 0.12µg (2.03%), Vitamin B6: 0.04mg (2%), Vitamin K: 2.07µg (1.97%), Calcium: 18.63mg (1.86%), Vitamin D: 0.22µg (1.47%), Magnesium: 5.28mg (1.32%), Copper: 0.03mg (1.31%), Vitamin B3: 0.23mg (1.13%)