



Paper-Wrapped Apple Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



274 kcal

DESSERT

Ingredients

- ☐ 8 apples cored peeled sliced
- ☐ 0.5 cup butter
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 cup sugar white

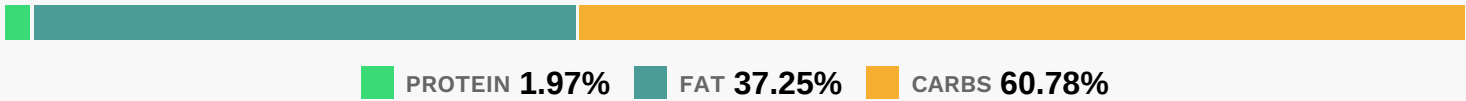
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack

Directions

- ☐ Mix 1/2 cup sugar, 2 tablespoons flour, cinnamon, and nutmeg.
- ☐ Mix this with apples and pour into pie shell.
- ☐ Sprinkle lemon juice over top.
- ☐ Mix 1/2 cup sugar and 1/2 cup flour, then cut in butter.
- ☐ Sprinkle over pie.
- ☐ Take two 15 inch pieces of parchment paper and enclose pie; fold edges up 3 times.
- ☐ Place on a baking sheet.
- ☐ Bake at 425 degrees F (220 degrees C) for 1 hour.
- ☐ Remove from oven, split parchment open and cool pie on wire rack. DO NOT open parchment covering while baking!

Nutrition Facts



Properties

Glycemic Index:37.76, Glycemic Load:19.7, Inflammation Score:-4, Nutrition Score:4.6882608779099%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg

Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg
Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.31mg, Quercetin:
7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg

Nutrients (% of daily need)

Calories: 274.39kcal (13.72%), Fat: 11.97g (18.41%), Saturated Fat: 7.37g (46.08%), Carbohydrates: 43.93g (14.64%),
Net Carbohydrates: 39.26g (14.28%), Sugar: 31.55g (35.05%), Cholesterol: 30.5mg (10.17%), Sodium: 93.39mg
(4.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.85%), Fiber: 4.67g (18.68%), Vitamin C: 9.83mg
(11.91%), Vitamin A: 453.48IU (9.07%), Manganese: 0.14mg (7.08%), Vitamin B1: 0.09mg (6.27%), Potassium:
211.37mg (6.04%), Vitamin B2: 0.09mg (5.52%), Folate: 20.99µg (5.25%), Vitamin K: 5.06µg (4.82%), Vitamin E:
0.67mg (4.47%), Selenium: 2.87µg (4.11%), Vitamin B6: 0.08mg (4.03%), Iron: 0.61mg (3.36%), Phosphorus: 32.38mg
(3.24%), Vitamin B3: 0.64mg (3.19%), Copper: 0.06mg (3.15%), Magnesium: 11.52mg (2.88%), Calcium: 17.21mg
(1.72%), Vitamin B5: 0.17mg (1.66%)