



Paper-Wrapped Apple Pie II

READY IN



90 min.

SERVINGS



6

CALORIES



1688 kcal

DESSERT

Ingredients

- ☐ 4 large apples cored peeled chopped
- ☐ 0.5 cup butter
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 2 tablespoons juice of lemon
- ☐ 9 inch unbaked pie shell
- ☐ 0.5 cup sugar white

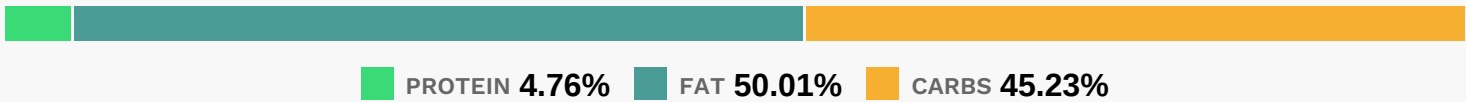
Equipment

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

Directions

- ☐ Preheat oven to 425 degrees F(220 degrees C).
- ☐ Place apple chunks in a large bowl.
- ☐ Combine 1/2 cup sugar, 2 tablespoons flour, and nutmeg.
- ☐ Sprinkle over apples and toss to coat well. Spoon into pastry shell.
- ☐ Drizzle with lemon juice.
- ☐ Combine 1/2 cup sugar, and 1/2 cup flour.
- ☐ Cut in butter.
- ☐ Sprinkle over apples to cover top. Take two 15 inch pieces of parchment paper and enclose pie; fold edges up 3 times.
- ☐ Place on a baking sheet.
- ☐ Bake for 1 hour.
- ☐ Remove from oven, split parchment open and cool pie on wire rack. DO NOT open parchment covering while baking! Cool for 10 minutes before serving hot.

Nutrition Facts



Properties

Glycemic Index:49.52, Glycemic Load:22.85, Inflammation Score:-8, Nutrition Score:24.64608688199%

Flavonoids

Cyanidin: 2.33mg, Cyanidin: 2.33mg, Cyanidin: 2.33mg, Cyanidin: 2.33mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.93mg, Catechin: 1.93mg, Catechin: 1.93mg, Catechin: 1.93mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg

Epicatechin: 11.19mg, Epicatechin: 11.19mg, Epicatechin: 11.19mg, Epicatechin: 11.19mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg

Nutrients (% of daily need)

Calories: 1688kcal (84.4%), Fat: 94.03g (144.66%), Saturated Fat: 34.3g (214.39%), Carbohydrates: 191.36g (63.79%), Net Carbohydrates: 179.96g (65.44%), Sugar: 32.31g (35.9%), Cholesterol: 40.67mg (13.56%), Sodium: 1350.57mg (58.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.13g (40.26%), Manganese: 1.46mg (72.76%), Vitamin B1: 0.93mg (62.32%), Folate: 235.22µg (58.8%), Iron: 8.48mg (47.13%), Fiber: 11.4g (45.6%), Vitamin B3: 8.86mg (44.32%), Vitamin B2: 0.61mg (35.92%), Selenium: 20.93µg (29.9%), Vitamin K: 26.53µg (25.26%), Phosphorus: 248.9mg (24.89%), Copper: 0.28mg (14.19%), Vitamin E: 2.1mg (14%), Magnesium: 55.71mg (13.93%), Vitamin B5: 1.38mg (13.79%), Potassium: 471.83mg (13.48%), Vitamin A: 556.48IU (11.13%), Vitamin B6: 0.22mg (10.93%), Vitamin C: 8.78mg (10.64%), Zinc: 1.51mg (10.05%), Calcium: 72.8mg (7.28%)