



Paula Deen Savannah High Apple Pie

 Vegetarian

READY IN



165 min.

SERVINGS



10

CALORIES



1701 kcal

DESSERT

Ingredients

- ☐ 1 cup firmly brown sugar packed
- ☐ 0.5 cup butter softened 1 stick
- ☐ 4 tablespoons butter
- ☐ 2 cups butter-flavored solid shortening recommended: Crisco
- ☐ 24 ounce individually wrapped caramels melted
- ☐ 3 tablespoons evaporated milk
- ☐ 0.8 cup flour all-purpose
- ☐ 1 cup flour all-purpose

- ☐ 6 cups flour all-purpose
- ☐ 24 granny smith peeled quartered Note: The number of apples depends on the size of the pie.
- ☐ 1 tablespoon ground cinnamon
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup milk
- ☐ 1.5 cup pecans chopped
- ☐ 0.5 cup pecans
- ☐ 1 tablespoon salt
- ☐ 1.5 cups sugar
- ☐ 4 tablespoons sugar
- ☐ 0.8 cup water cold

Equipment

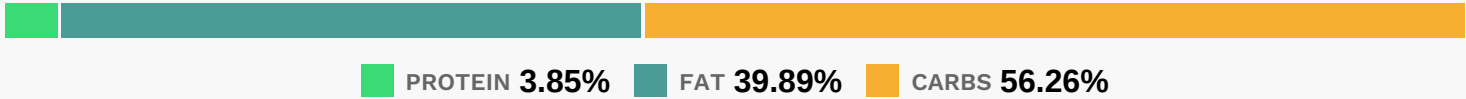
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ microwave
- ☐ spatula
- ☐ pie form

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Cut flour into butter-flavored shortening.
- ☐ Add salt and stir in enough water to make stiff dough. Knead slightly together. Chill dough before using.
- ☐ Use 1/3 of pie dough for bottom crust.
- ☐ Roll bottom crust.
- ☐ Lay in pie pan.
- ☐ Combine apples, flour, sugar, and cinnamon and mix lightly with spatula.

- ☐ In a small bowl combine together butter, brown sugar, flour, pecans and cinnamon.
- ☐ Layer this mix every so often between apples.
- ☐ Using stainless bowl, begin layering apples slice by slice, slightly overlapping starting at the outside circle of the bowl and working towards the center. Push firmly as the layers build. Round off top layer of apple slices when you reach the top. Put a single layer of sliced apples in the bottom crust.
- ☐ Take the pie pan with the bottom crust in left hand and the stainless bowl of sliced apples in right hand and invert. Put finger tips under edge of bowl to release the air and gently lift off. Press and firm apples and straighten.
- ☐ Add slices of apple to take away sharp edges (so as not to puncture the pie dough).
- ☐ Add slices of apples to top of pie to round off.
- ☐ Add 4 tablespoons of butter pats on top of pie.
- ☐ Roll out top crust using remaining pie dough. Gently place top crust over the mound of apples. Smooth the sides of pie crust towards bottom of pie pulling out on extra crust. Pinch down to seal 2 layers together. Crimp pie for first time.
- ☐ Cut extra crust with the back of a sharp knife. Re-crimp the edges and push towards the pie.
- ☐ Brush with milk and sprinkle sugar rubbing your left hand from the bottom up to evenly spread your sugar.
- ☐ Put 5 steam vents with a small knife towards the upper part of the pie. Do not vent at the top as it will cause the pie to split open as it bakes.
- ☐ Bake between 350 to 375 degrees F for 1 hour, 20 minutes to 1 hour 30 minutes or until crust is golden brown.
- ☐ Let cool for at least 1 hour.
- ☐ Spread warm Caramel Pecan Topping on top of crust beginning at the base of the pie above the fluting and working towards the top.
- ☐ Drizzle caramel pecan topping with semisweet chocolate, milk chocolate, and white chocolate.
- ☐ Melt caramels completely in microwave.
- ☐ Add evaporated milk and stir until smooth consistency.
- ☐ Add chopped pecans and stir.
- ☐ Spread over pie starting at base and working in.

Nutrition Facts



Properties

Glycemic Index:63.02, Glycemic Load:127.98, Inflammation Score:-8, Nutrition Score:31.615652352571%

Flavonoids

Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg Delphinidin: 1.55mg, Delphinidin: 1.55mg, Delphinidin: 1.55mg, Delphinidin: 1.55mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 7.22mg, Catechin: 7.22mg, Catechin: 7.22mg, Catechin: 7.22mg Epigallocatechin: 2.33mg, Epigallocatechin: 2.33mg, Epigallocatechin: 2.33mg Epicatechin: 33.07mg, Epicatechin: 33.07mg, Epicatechin: 33.07mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 1.32mg, Epigallocatechin 3-gallate: 1.32mg, Epigallocatechin 3-gallate: 1.32mg, Epigallocatechin 3-gallate: 1.32mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Quercetin: 17.52mg, Quercetin: 17.52mg, Quercetin: 17.52mg, Quercetin: 17.52mg

Nutrients (% of daily need)

Calories: 1700.61kcal (85.03%), Fat: 77.94g (119.91%), Saturated Fat: 22.56g (141.01%), Carbohydrates: 247.35g (82.45%), Net Carbohydrates: 231.68g (84.25%), Sugar: 147.95g (164.39%), Cholesterol: 43.24mg (14.41%), Sodium: 995.86mg (43.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.94g (33.89%), Manganese: 1.97mg (98.6%), Vitamin B1: 1.06mg (70.68%), Fiber: 15.67g (62.7%), Selenium: 35.77µg (51.1%), Folate: 198.94µg (49.74%), Vitamin B2: 0.83mg (48.79%), Vitamin K: 35.23µg (33.55%), Iron: 5.96mg (33.09%), Vitamin B3: 6.53mg (32.63%), Phosphorus: 310.12mg (31.01%), Vitamin E: 4.4mg (29.3%), Copper: 0.55mg (27.28%), Vitamin C: 20.72mg (25.12%), Potassium: 865.23mg (24.72%), Magnesium: 85.42mg (21.35%), Calcium: 202.86mg (20.29%), Vitamin B5: 1.68mg (16.78%), Vitamin B6: 0.32mg (16.1%), Zinc: 2.22mg (14.83%), Vitamin A: 723.54IU (14.47%), Vitamin B12: 0.27µg (4.55%)