



Pear Caramel Apple Praline Pie

READY IN



335 min.

SERVINGS



8

CALORIES



581 kcal

DESSERT

Ingredients

- 2 cups apples peeled thinly sliced (4)
- 0.3 cup brown sugar packed
- 0.3 cup butter cold cubed
- 2 tablespoons butter
- 18 individually wrapped caramels
- 0.3 cup flour all-purpose
- 1 tablespoon flour all-purpose
- 0.5 cup granulated sugar
- 0.5 teaspoon ground cinnamon

- 0.5 teaspoon nutmeg
- 1 tablespoon juice of lemon
- 5 tablespoons milk
- 0.8 cup rolled oats
- 2 cups pears peeled thinly sliced (4)
- 0.3 cup pecans chopped
- 1 box pie crust dough refrigerated softened
- 1 Dash salt

Equipment

- bowl
- sauce pan
- oven
- aluminum foil

Directions

- Heat oven to 375F. Make pie crusts as directed on box for Two-Crust Pie, using 9-inch glass pie plate.
- In large bowl, mix granulated sugar, 1/4 cup flour, the nutmeg, cinnamon and salt.
- Add pears, apples and lemon juice; toss to coat.
- Pour into crust-lined pie plate. Top with 2 tablespoons butter.
- In small bowl, mix oats, brown sugar and 1 tablespoon flour.
- Cut in 1/4 cup butter until mixture is crumbly.
- Sprinkle over fruit.
- In 1-quart saucepan, melt caramels with milk over low heat until smooth; add the pecans.
- Drizzle over praline mixture. Top with second crust and flute; cut slits in several places. If you like, brush top with milk and sprinkle with granulated sugar. Cover crust edge with strips of foil to prevent excessive browning.
- Place pie on middle oven rack; place sheet of foil on rack below pie in case of spillover.

Bake 45 to 55 minutes or until golden brown. Cool completely, about 4 hours.

Nutrition Facts

PROTEIN 4.43% **FAT 40.82%** **CARBS 54.75%**

Properties

Glycemic Index:77.11, Glycemic Load:27.55, Inflammation Score:-4, Nutrition Score:9.5495651882628%

Flavonoids

Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 3.89mg, Epicatechin: 3.89mg, Epicatechin: 3.89mg, Epicatechin: 3.89mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 580.83kcal (29.04%), Fat: 26.95g (41.45%), Saturated Fat: 10.61g (66.32%), Carbohydrates: 81.31g (27.1%), Net Carbohydrates: 76.74g (27.91%), Sugar: 41.82g (46.47%), Cholesterol: 25.48mg (8.49%), Sodium: 339.52mg (14.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.58g (13.16%), Manganese: 0.75mg (37.35%), Fiber: 4.57g (18.29%), Vitamin B1: 0.27mg (18.2%), Folate: 52.56µg (13.14%), Vitamin B2: 0.22mg (12.98%), Phosphorus: 128.53mg (12.85%), Iron: 2.15mg (11.94%), Selenium: 7.71µg (11.02%), Vitamin B3: 1.91mg (9.57%), Magnesium: 33.75mg (8.44%), Copper: 0.17mg (8.34%), Calcium: 74.61mg (7.46%), Vitamin K: 7.61µg (7.25%), Potassium: 252.35mg (7.21%), Vitamin A: 319.33IU (6.39%), Zinc: 0.9mg (5.99%), Vitamin B5: 0.58mg (5.75%), Vitamin E: 0.78mg (5.18%), Vitamin C: 4.03mg (4.88%), Vitamin B6: 0.09mg (4.45%), Vitamin B12: 0.14µg (2.27%)