



Praline-Apple Pie

READY IN



30 min.

SERVINGS



8

CALORIES



547 kcal

DESSERT

Ingredients

- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 0.3 cup butter
- ☐ 2 tablespoons butter
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 teaspoons juice of lemon
- ☐ 0.5 cup pecans chopped
- ☐ 15 ounce piecrusts refrigerated

- ☐ 2 tablespoons whipping cream
- ☐ 6 cups rome peeled sliced

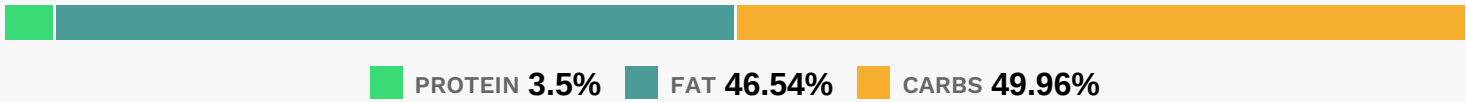
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Fit 1 piecrust into a 9-inch pie plate according to package directions.
- ☐ Stir together sugar, flour, and cinnamon. Stir in apples; spoon mixture into crust. Dot with 2 tablespoons butter; sprinkle evenly with lemon juice. Top with remaining piecrust; fold edges under, and crimp.
- ☐ Cut several slits in top.
- ☐ Bake pie at 400 for 45 minutes on lower oven rack, shielding with aluminum foil after 30 minutes to prevent excessive browning.
- ☐ Remove from oven, and let cool.
- ☐ Melt 1/4 cup butter in a small saucepan; stir in brown sugar and whipping cream. Bring to a boil over medium heat, stirring constantly; cook 1 minute, and remove from heat. Stir in pecans, and let stand 5 minutes.
- ☐ Slowly drizzle mixture over pie.

Nutrition Facts



Properties

Glycemic Index:36.51, Glycemic Load:15.06, Inflammation Score:-4, Nutrition Score:8.2108696569567%

Flavonoids

Cyanidin: 2.2mg, Cyanidin: 2.2mg, Cyanidin: 2.2mg, Cyanidin: 2.2mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg Epigallocatechin: 0.63mg, Epigallocatechin:

0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 7.12mg, Epicatechin: 7.12mg, Epicatechin: 7.12mg, Epicatechin: 7.12mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.33mg, Epigallocatechin 3–gallate: 0.33mg, Epigallocatechin 3–gallate: 0.33mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 547.37kcal (27.37%), Fat: 28.96g (44.56%), Saturated Fat: 11.1g (69.38%), Carbohydrates: 69.94g (23.31%), Net Carbohydrates: 65.5g (23.82%), Sugar: 36g (40%), Cholesterol: 27.01mg (9%), Sodium: 291.58mg (12.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.81%), Manganese: 0.64mg (32.06%), Fiber: 4.44g (17.77%), Vitamin B1: 0.25mg (16.64%), Folate: 51.91µg (12.98%), Iron: 2.03mg (11.28%), Vitamin B3: 1.93mg (9.66%), Vitamin B2: 0.16mg (9.56%), Copper: 0.16mg (8.14%), Selenium: 5.52µg (7.88%), Phosphorus: 78.53mg (7.85%), Vitamin A: 375.28IU (7.51%), Vitamin K: 7.1µg (6.76%), Potassium: 211.85mg (6.05%), Magnesium: 23.91mg (5.98%), Vitamin C: 4.9mg (5.94%), Vitamin E: 0.8mg (5.31%), Vitamin B6: 0.09mg (4.48%), Zinc: 0.65mg (4.32%), Vitamin B5: 0.4mg (3.96%), Calcium: 39.16mg (3.92%)