



Roasted Apple Pies with Whipped Cream

READY IN



62 min.

SERVINGS



4

CALORIES



446 kcal

DESSERT

Ingredients

- 2 medium granny smith apples peeled
- 0.3 cup granulated sugar
- 1 tablespoon ground cinnamon for dusting
- 0.5 cup heavy cream
- 19-inch rolled pie crust refrigerated () (recommended: Pillsbury)
- 2 tablespoons powdered sugar

Equipment

- bowl

- baking sheet
- baking paper
- oven
- wire rack
- hand mixer
- cookie cutter

Directions

- Special equipment: a 3-inch round cookie cutter
- Place an oven rack in the center of the oven. Preheat the oven to 400 degrees F. Line a baking sheet with a silpat or parchment paper sprayed with vegetable cooking spray.
- Unroll the pie crust out on a work surface. Using a 3-inch round cookie cutter, cut out 8 disks of pastry. Arrange the pastry disks on the prepared baking sheet. Using the tines of a fork, prick the pastry all over.
- Bake until brown and crispy, 8 to 10 minutes.
- Remove to a wire rack to cool completely, about 10 minutes.
- Slice the bottom of the apples to create an even surface for cutting. Slice each apple into 6 (1/2-inch) slices.
- Cut each apple slice in half and remove any seeds or pieces of core. In a medium bowl, mix together the sugar and 1 tablespoon cinnamon.
- Add the apple slices and toss until coated. Shake off any excess mixture. Arrange the apple slices on the same baking sheet in a single layer.
- Bake until dark brown, about 12 to 15 minutes.
- Remove from the oven and let cool for 15 minutes.
- In a medium bowl, using an electric hand mixer, beat the cream until thick, about 1 minute.
- Add the powdered sugar and continue to beat until the cream is very thick.
- Place the pastry disks on a work surface. Divide the cooked apple slices among 4 of the disks. Dollop about 2 tablespoons of the cream on top of the apples and cover with the remaining disks.
- Transfer the apple pies to dessert plates, dust with cinnamon and serve immediately.

Nutrition Facts

PROTEIN 3.72% FAT 47.36% CARBS 48.92%

Properties

Glycemic Index:26.77, Glycemic Load:12.07, Inflammation Score:-4, Nutrition Score:7.1969565023547%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg 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: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 445.6kcal (22.28%), Fat: 23.99g (36.91%), Saturated Fat: 10.95g (68.46%), Carbohydrates: 55.77g (18.59%), Net Carbohydrates: 51.27g (18.64%), Sugar: 26.76g (29.74%), Cholesterol: 33.62mg (11.21%), Sodium: 213.85mg (9.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.24g (8.48%), Manganese: 0.6mg (30.16%), Fiber: 4.5g (17.98%), Vitamin B1: 0.16mg (10.62%), Vitamin B2: 0.17mg (9.91%), Vitamin A: 492.86IU (9.86%), Folate: 39.04µg (9.76%), Iron: 1.61mg (8.97%), Vitamin B3: 1.48mg (7.39%), Vitamin K: 7.23µg (6.88%), Phosphorus: 64.54mg (6.45%), Selenium: 3.9µg (5.58%), Calcium: 54.8mg (5.48%), Vitamin C: 4.44mg (5.38%), Potassium: 183.08mg (5.23%), Vitamin E: 0.71mg (4.76%), Magnesium: 15.33mg (3.83%), Vitamin B6: 0.08mg (3.79%), Copper: 0.07mg (3.66%), Vitamin B5: 0.34mg (3.41%), Vitamin D: 0.48µg (3.17%), Zinc: 0.37mg (2.47%)