



Scrumptious Apple Pie

READY IN



140 min.

SERVINGS



8

CALORIES



402 kcal

DESSERT

Ingredients

- 2 cups flour all-purpose
- 1 teaspoon salt
- 0.7 cup shortening
- 4 tablespoons water cold
- 0.3 cup sugar
- 0.3 cup flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg
- 0.1 teaspoon salt

- 8 cups baking apples are apples that have a sweet-tart balance and hold their shape when peeled thinly sliced (8 medium)
- 2 tablespoons butter

Equipment

- bowl
- oven
- blender
- plastic wrap
- aluminum foil
- rolling pin

Directions

- In medium bowl, mix 2 cups flour and 1 teaspoon salt.
- Cut in shortening, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles are size of small peas.
- Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons more water can be added if necessary).
- Gather pastry into a ball. Divide in half; shape into 2 flattened rounds on lightly floured surface. Wrap in plastic wrap; refrigerate about 45 minutes or until dough is firm and cold, yet pliable. This allows the shortening to become slightly firm, which helps make the baked pastry more flaky. If refrigerated longer, let pastry soften slightly before rolling.
- Heat oven to 425°F. With floured rolling pin, roll one pastry round into round 2 inches larger than upside-down 9-inch glass pie plate. Fold pastry into fourths; place in pie plate. Unfold and ease into plate, pressing firmly against bottom and side.
- In large bowl, mix sugar, 1/4 cup flour, cinnamon, nutmeg and 1/8 teaspoon salt. Stir in apples. Spoon into pastry-lined pie plate. Dot with butter. Trim overhanging edge of pastry 1/2 inch from rim of plate.
- Roll other round of pastry. Fold into fourths and cut slits so steam can escape. Unfold top pastry over filling; trim overhanging edge 1 inch from rim of plate. Fold and roll top edge under lower edge, pressing on rim to seal; flute as desired. Cover edge with 3-inch strip of aluminum

foil to prevent excessive browning.

- Remove foil during last 15 minutes of baking.
- Bake 40 to 50 minutes or until crust is brown and juice begins to bubble through slits in crust.
- Serve warm if desired.

Nutrition Facts

PROTEIN 3.89% **FAT 44.99%** **CARBS 51.12%**

Properties

Glycemic Index:47.14, Glycemic Load:29.81, Inflammation Score:-4, Nutrition Score:7.788260852837%

Flavonoids

Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 9.41mg, Epicatechin: 9.41mg, Epicatechin: 9.41mg, Epicatechin: 9.41mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg

Nutrients (% of daily need)

Calories: 402.13kcal (20.11%), Fat: 20.55g (31.62%), Saturated Fat: 6.19g (38.7%), Carbohydrates: 52.54g (17.51%), Net Carbohydrates: 48.5g (17.64%), Sugar: 21.45g (23.84%), Cholesterol: 7.53mg (2.51%), Sodium: 352.65mg (15.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (8%), Vitamin B1: 0.3mg (20.09%), Selenium: 12.01µg (17.16%), Folate: 68.29µg (17.07%), Fiber: 4.04g (16.17%), Manganese: 0.31mg (15.51%), Vitamin B2: 0.21mg (12.3%), Vitamin K: 12.23µg (11.65%), Vitamin B3: 2.19mg (10.97%), Iron: 1.82mg (10.08%), Vitamin E: 1.38mg (9.18%), Vitamin C: 5.76mg (6.98%), Phosphorus: 52.9mg (5.29%), Potassium: 173.42mg (4.95%), Copper: 0.09mg (4.41%), Magnesium: 14.44mg (3.61%), Vitamin B5: 0.35mg (3.51%), Vitamin B6: 0.07mg (3.37%), Vitamin A: 155.46IU (3.11%), Zinc: 0.31mg (2.04%), Calcium: 15.78mg (1.58%)