



Scrumptious Apple Pie

 Dairy Free

READY IN



140 min.

SERVINGS



8

CALORIES



194 kcal

DESSERT

Ingredients

- 2 tablespoons butter
- 0.3 cup flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg
- 8 servings pastry crust
- 0.1 teaspoon salt
- 0.3 cup sugar
- 8 cups baking apples are apples that have a sweet-tart balance and hold their shape when peeled thinly sliced (8 medium)

Equipment

- bowl
- oven
- aluminum foil

Directions

- Heat oven to 425F. Prepare Double-Crust Pastry.
- Mix sugar, flour, cinnamon, nutmeg and salt in large bowl. Stir in apples. Turn 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



Properties

Glycemic Index:36.26, Glycemic Load:16.22, Inflammation Score:-3, Nutrition Score:4.5178260672028%

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

5.01mg, Quercetin: 5.01mg

Nutrients (% of daily need)

Calories: 194.24kcal (9.71%), Fat: 4.28g (6.59%), Saturated Fat: 0.94g (5.86%), Carbohydrates: 38.72g (12.91%), Net Carbohydrates: 35.16g (12.79%), Sugar: 21.4g (23.78%), Cholesterol: 0mg (0%), Sodium: 162.55mg (7.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.24%), Fiber: 3.56g (14.24%), Vitamin B1: 0.16mg (10.37%), Manganese: 0.19mg (9.34%), Selenium: 5.81µg (8.3%), Vitamin B2: 0.12mg (7.03%), Vitamin C: 5.77mg (6.99%), Folate: 27.76µg (6.94%), Vitamin B3: 1.12mg (5.61%), Iron: 0.96mg (5.33%), Potassium: 154.61mg (4.42%), Vitamin A: 193.19IU (3.86%), Phosphorus: 33.37mg (3.34%), Vitamin K: 3.28µg (3.12%), Copper: 0.06mg (3.04%), Vitamin B6: 0.06mg (2.97%), Magnesium: 10.37mg (2.59%), Vitamin E: 0.35mg (2.36%), Vitamin B5: 0.15mg (1.54%), Calcium: 12.81mg (1.28%), Zinc: 0.18mg (1.18%)