



Sour Cream Apple Pie

 Popular

READY IN



70 min.

SERVINGS



8

CALORIES



391 kcal

DESSERT

Ingredients

- ☐ 1 cup cup heavy whipping cream sour
- ☐ 0.7 cup sugar sweet (can easily reduce to)
- ☐ 2 Tablespoons flour
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla
- ☐ 1 eggs
- ☐ 3 cups tart apples peeled sliced ()
- ☐ 1 Tablespoon apple cider vinegar

- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup flour
- ☐ 0.3 cup butter chilled cut into cubes ()
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 in the freezer) sour frozen chilled for at least 30 minutes (see cream pie crust recipe, use a single crust recipe

Equipment

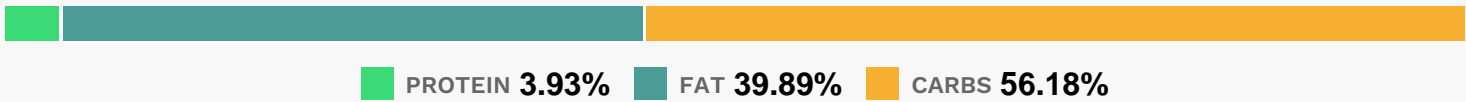
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wooden spoon
- ☐ aluminum foil

Directions

- ☐ Make the streusel topping:
- ☐ Place the streusel topping ingredients in a medium bowl and mix with a fork or your hands until the mixture resembles coarse crumbs.
- ☐ Chill in the refrigerator until the topping is needed half-way through the baking.
- ☐ oven to 400°F with a rack in the middle and another rack below it.
- ☐ Place a large rimmed baking sheet on the lower rack to catch any of the drippings from the pie.
- ☐ Mix sour cream with sugar, flour, salt, vanilla, egg, and coat apple slices with it: In a large bowl put the sour cream, sugar, flour, salt, vanilla, and egg. Use a wooden spoon and beat by hand until smooth. Fold in the apples and stir until all of the apples are coated with the sour cream filling mixture.
- ☐ the filling into a frozen pie shell. For the first stage of baking, bake the pie for 25 minutes at 400°F.
- ☐ the first 25 minutes, remove the pie from the oven and sprinkle the top with the brown sugar butter flour topping mixture. You may also want to put a pie protector or foil around the outer crust edges to keep them from getting too browned.

- ☐ Bake for another 20 minutes at 400°F.
- ☐ Cool:
- ☐ Let the pie cool on a rack for one hour before cutting and serving.

Nutrition Facts



Properties

Glycemic Index:43.39, Glycemic Load:18.7, Inflammation Score:-4, Nutrition Score:5.4665217710578%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 390.96kcal (19.55%), Fat: 17.62g (27.11%), Saturated Fat: 8.48g (53.03%), Carbohydrates: 55.84g (18.61%), Net Carbohydrates: 53.85g (19.58%), Sugar: 35.95g (39.94%), Cholesterol: 52.67mg (17.56%), Sodium: 226.75mg (9.86%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 3.91g (7.82%), Manganese: 0.22mg (10.92%), Selenium: 7.59µg (10.84%), Vitamin B2: 0.18mg (10.34%), Vitamin B1: 0.15mg (10.06%), Folate: 38.68µg (9.67%), Vitamin A: 411.98IU (8.24%), Fiber: 1.98g (7.94%), Iron: 1.3mg (7.21%), Phosphorus: 66.17mg (6.62%), Vitamin B3: 1.24mg (6.21%), Calcium: 55.19mg (5.52%), Potassium: 147.65mg (4.22%), Vitamin B5: 0.36mg (3.65%), Vitamin E: 0.52mg (3.48%), Vitamin K: 3.59µg (3.42%), Magnesium: 12.81mg (3.2%), Vitamin B6: 0.06mg (3.07%), Copper: 0.06mg (3.01%), Vitamin C: 2.42mg (2.93%), Zinc: 0.36mg (2.43%), Vitamin B12: 0.12µg (2.02%)