



Sour Cream Apple Pie I

 Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



168 kcal

DESSERT

Ingredients

- 3 cups apples peeled chopped
- 2 tablespoons butter
- 1 eggs
- 0.3 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg
- 0.3 teaspoon salt
- 1 cup cup heavy whipping cream sour

- 1 teaspoon vanilla extract
- 0.3 cup sugar white

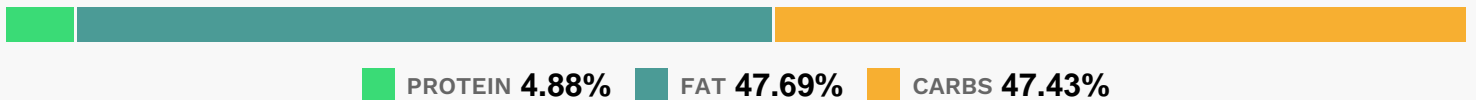
Equipment

- bowl
- oven
- blender

Directions

- Stir together 2 tablespoons flour, salt, 3/4 cup sugar and nutmeg in bowl.
- Combine egg, sour cream and vanilla in another bowl; mix well.
- Add egg mixture to dry ingredients; mix well. Stir in apples and spoon mixture into unbaked pie shell.
- Bake in a preheated 400 degree F (205 degrees C) oven 15 minutes.
- Reduce temperature to 350 degrees F (175 degrees C) and bake 30 minutes more.
- Remove pie from oven. Increase temperature to 400 degree F (205 degrees C).
- Prepare cinnamon topping and sprinkle over pie. Return to oven and bake 10 minutes more. Cool on rack.
- Combine 1/3 cup sugar, 1/3 cup flour and 1 teaspoon ground cinnamon in bowl.
- Cut in 2 tablespoons butter or regular margarine until crumbly, using a pastry blender.

Nutrition Facts



Properties

Glycemic Index:37.76, Glycemic Load:10.42, Inflammation Score:-3, Nutrition Score:3.1808695637661%

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 Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 167.69kcal (8.38%), Fat: 9.12g (14.03%), Saturated Fat: 4.91g (30.71%), Carbohydrates: 20.41g (6.8%), Net Carbohydrates: 19g (6.91%), Sugar: 14.3g (15.88%), Cholesterol: 44.95mg (14.98%), Sodium: 112.64mg (4.9%), Alcohol: 0.17g (100%), Alcohol %: 0.22% (100%), Protein: 2.1g (4.2%), Vitamin B2: 0.11mg (6.75%), Selenium: 4.61µg (6.59%), Vitamin A: 322.39IU (6.45%), Fiber: 1.41g (5.65%), Manganese: 0.1mg (5.19%), Phosphorus: 44.68mg (4.47%), Calcium: 39.35mg (3.94%), Folate: 15.41µg (3.85%), Vitamin B1: 0.06mg (3.82%), Vitamin C: 2.43mg (2.94%), Potassium: 102.31mg (2.92%), Iron: 0.44mg (2.46%), Vitamin B5: 0.24mg (2.37%), Vitamin E: 0.34mg (2.28%), Vitamin B6: 0.04mg (2.17%), Vitamin B3: 0.39mg (1.94%), Vitamin B12: 0.12µg (1.92%), Magnesium: 7.42mg (1.86%), Vitamin K: 1.82µg (1.73%), Copper: 0.03mg (1.59%), Zinc: 0.23mg (1.54%)