



Sour Cream Apple Pie II

 Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



185 kcal

DESSERT

Ingredients

- ☐ 2 cups apples cored peeled chopped
- ☐ 0.3 cup butter
- ☐ 1 eggs beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.1 teaspoon salt
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1 teaspoon vanilla extract

☐ 0.3 cup sugar white

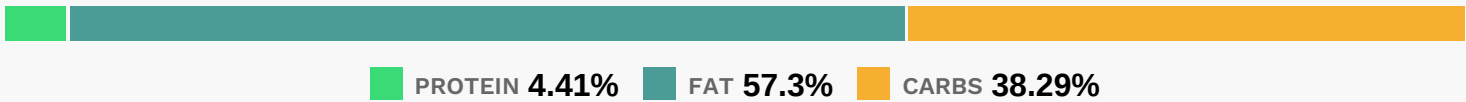
Equipment

☐ oven

Directions

- ☐ Preheat oven to 400 degrees F (205 degrees C).
- ☐ Combine apples, 2 tablespoons flour, nutmeg, and salt.
- ☐ Mix together egg, sour cream, 3/4 cup sugar, and vanilla; blend into the apple mixture.
- ☐ Pour filling into unbaked pie shell.
- ☐ Cream together 1/3 cup sugar, 1/3 cup flour, and 1/4 cup butter or margarine. Set topping aside.
- ☐ Bake for 15 minutes. Reduce temperature to 300 degrees F (150 degrees C), and continue baking for 30 minutes.
- ☐ Remove pie from oven, and sprinkle with topping. Increase temperature to 400 degrees F (205 degrees C), and bake pie for 10 more minutes. Cool.

Nutrition Facts



Properties

Glycemic Index:37.14, Glycemic Load:9.85, Inflammation Score:-3, Nutrition Score:2.921739148057%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 184.71kcal (9.24%), Fat: 12.01g (18.47%), Saturated Fat: 6.76g (42.22%), Carbohydrates: 18.06g (6.02%), Net Carbohydrates: 17.15g (6.24%), Sugar: 12.67g (14.07%), Cholesterol: 52.67mg (17.56%), Sodium: 99.23mg (4.31%), Alcohol: 0.17g (100%), Alcohol %: 0.25% (100%), Protein: 2.08g (4.16%), Vitamin A: 403.02IU (8.06%), Selenium: 4.64µg (6.63%), Vitamin B2: 0.11mg (6.58%), Phosphorus: 43.67mg (4.37%), Folate: 15.04µg (3.76%), Calcium: 36.75mg (3.68%), Vitamin B1: 0.05mg (3.65%), Fiber: 0.9g (3.61%), Manganese: 0.05mg (2.73%), Vitamin E: 0.39mg (2.61%), Potassium: 85.37mg (2.44%), Vitamin B5: 0.23mg (2.31%), Iron: 0.4mg (2.24%), Vitamin C: 1.7mg (2.06%), Vitamin B12: 0.12µg (2.02%), Vitamin B3: 0.37mg (1.86%), Vitamin B6: 0.04mg (1.83%), Magnesium: 6.56mg (1.64%), Vitamin K: 1.65µg (1.57%), Zinc: 0.22mg (1.49%), Copper: 0.03mg (1.33%)