



Spiced Walnut Apple Pie

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



590 kcal

DESSERT

Ingredients

- ☐ 20 ounce peach pie filling canned
- ☐ 1 tablespoon cinnamon sugar
- ☐ 1 cup plus
- ☐ 2 9-inch unbaked deep dish pie crusts
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup walnuts chopped
- ☐ 0.3 cup sugar white

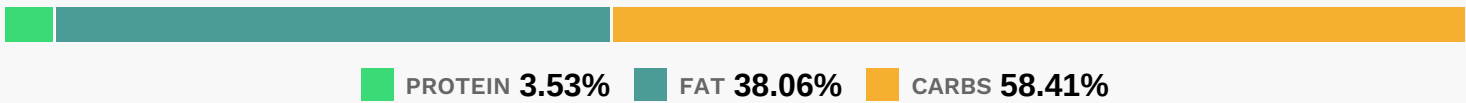
Equipment

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Pour the corn syrup into a small saucepan, and set over medium heat. Bring to a boil, and cook for about 10 minutes, or until it starts to turn golden. Stir in the walnuts, sugar and cinnamon until walnuts are well coated.
- ☐ Place one of the pie crusts into a 9 inch deep dish pie plate.
- ☐ Pour the walnut mixture into the bottom of the crust. Top with apple pie filling, and then place the other crust over that. Crimp the edges to seal, and trim off any excess crust.
- ☐ Cut a few holes in the top for vents.
- ☐ Sprinkle some cinnamon sugar on top.
- ☐ Bake for 30 minutes in the preheated oven, until the crust is crisp, and edges are browned.

Nutrition Facts



Properties

Glycemic Index:23.02, Glycemic Load:13.29, Inflammation Score:-3, Nutrition Score:8.0369565033394%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg

Nutrients (% of daily need)

Calories: 590.05kcal (29.5%), Fat: 25.96g (39.95%), Saturated Fat: 5.49g (34.31%), Carbohydrates: 89.67g (29.89%), Net Carbohydrates: 87.06g (31.66%), Sugar: 52.72g (58.57%), Cholesterol: 0mg (0%), Sodium: 259.6mg (11.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.42g (10.85%), Manganese: 0.83mg (41.57%), Copper: 0.32mg (15.88%), Folate: 57.85µg (14.46%), Vitamin B1: 0.21mg (14.12%), Iron: 1.93mg (10.74%), Fiber: 2.61g (10.45%), Phosphorus: 94.14mg (9.41%), Vitamin K: 9.3µg (8.86%), Magnesium: 33.58mg (8.39%), Vitamin B3: 1.6mg (8.02%), Vitamin B2: 0.11mg (6.62%), Zinc: 0.93mg (6.22%), Vitamin B6: 0.12mg (5.84%), Vitamin E: 0.84mg (5.58%), Selenium: 3.84µg (5.48%), Potassium: 149.5mg (4.27%), Calcium: 36.61mg (3.66%), Vitamin B5: 0.32mg (3.17%), Vitamin C: 1.4mg (1.7%)