



Sugar-Kissed Apple Pie

 Dairy Free

READY IN



140 min.

SERVINGS



8

CALORIES



408 kcal

DESSERT

Ingredients

- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups flour all-purpose
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg
- ☐ 2 tablespoons butter
- ☐ 1 Dash salt
- ☐ 1 teaspoon salt
- ☐ 0.7 cup shortening

- ☐ 0.5 cup sugar
- ☐ 1 tablespoon sugar
- ☐ 6 cups baking apples are apples that have a sweet-tart balance and hold their shape when peeled thinly sliced (6 medium)
- ☐ 1 tablespoon water
- ☐ 4 tablespoons water cold

Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ rolling pin

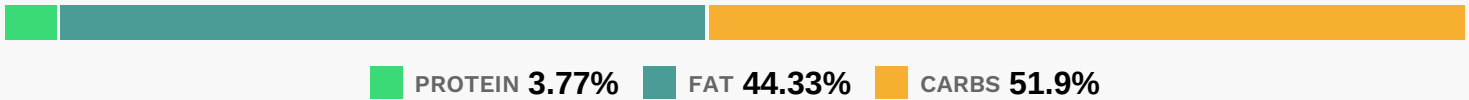
Directions

- ☐ Heat oven to 425F. In medium bowl, mix 2 cups flour and 1 teaspoon salt.
- ☐ Cut in shortening, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles are size of small peas.
- ☐ Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons more water can be added if necessary).
- ☐ Gather pastry into a ball. Divide pastry in half; shape each half into flattened round on lightly floured surface. Wrap flattened rounds of pastry in plastic wrap; refrigerate about 45 minutes or until firm and cold, yet pliable.
- ☐ On lightly floured surface, roll 1 round of pastry into circle 2 inches larger than upside-down 9-inch glass pie plate, using floured rolling pin. Fold pastry into fourths; place in pie plate. Unfold and ease into plate, pressing firmly against bottom and side.
- ☐ In large bowl, mix 1/2 cup sugar, 1/4 cup flour, the cinnamon, nutmeg and dash of salt. Stir in apples. Spoon into pastry-lined pie plate.

- ☐
- Cut butter into small pieces; sprinkle over apples. Trim overhanging edge of bottom pastry 1/2 inch from rim of plate.

☐☐☐☐

Nutrition Facts



Properties

Glycemic Index:49.65, Glycemic Load:32.62, Inflammation Score:-4, Nutrition Score:7.3578260176532%

Flavonoids

Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 407.59kcal (20.38%), Fat: 20.47g (31.5%), Saturated Fat: 4.95g (30.96%), Carbohydrates: 53.92g (17.97%), Net Carbohydrates: 50.61g (18.4%), Sugar: 23.84g (26.49%), Cholesterol: 0mg (0%), Sodium: 331.5mg (14.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.84%), Vitamin B1: 0.3mg (19.73%), Selenium: 12.01µg (17.16%), Folate: 67.24µg (16.81%), Manganese: 0.31mg (15.42%), Fiber: 3.31g (13.25%), Vitamin B2: 0.2mg (11.89%), Vitamin B3: 2.17mg (10.83%), Vitamin K: 11.31µg (10.78%), Iron: 1.78mg (9.9%), Vitamin E: 1.35mg (9%), Vitamin C: 4.33mg (5.25%), Phosphorus: 49.34mg (4.93%), Potassium: 140.77mg (4.02%), Copper: 0.08mg (4%), Vitamin A: 176.44IU (3.53%), Vitamin B5: 0.33mg (3.31%), Magnesium: 12.86mg (3.21%), Vitamin B6: 0.05mg (2.74%), Zinc: 0.29mg (1.94%), Calcium: 14.72mg (1.47%)