



Super Apple Pie

READY IN



465 min.

SERVINGS



10

CALORIES



430 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon apple cider
- ☐ 2 tablespoons apple jelly
- ☐ 3 pounds apples
- ☐ 12 ounces flour for dusting all-purpose
- ☐ 1 tablespoon granulated sugar
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 teaspoons juice of lime freshly squeezed
- ☐ 0.5 cup sugar divided
- ☐ 1 teaspoon salt

- ☐ 3 tablespoons tapioca flour
- ☐ 6 ounces butter unsalted cut into 1/2-inch pieces
- ☐ 2 ounces vegetable shortening cut into 1/2-inch pieces
- ☐ 5 tablespoons applejack
- ☐ 0.3 teaspoon grains of paradise freshly ground
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Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap
- ☐ tart form
- ☐ colander

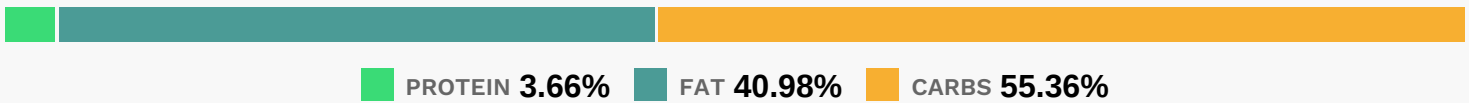
Directions

- ☐ Watch how to make this recipe.
- ☐ Place the butter, shortening and applejack into the refrigerator for 1 hour.
- ☐ In the bowl of a food processor, combine the flour, salt and sugar by pulsing 3 to 4 times.
- ☐ Add the butter and pulse 5 to 6 times until the texture looks mealy.
- ☐ Add the shortening and pulse another 3 to 4 times until incorporated.
- ☐ Remove the lid of the food processor and sprinkle in 5 tablespoons of the applejack. Replace the lid and pulse 5 times.
- ☐ Add more applejack as needed, and pulse again until the mixture holds together when squeezed. Weigh the dough and divide in half. Shape each half into a disk, wrap in plastic wrap

and refrigerate for at least 1 hour and up to overnight.

- ☐ Peel and core the apples. Slice into 1/2-inch thick wedges. Toss all of the apples with 1/4 cup of the sugar, place in a colander set over a large bowl and allow to drain for 1 1/2 hours.
- ☐ Transfer the drained liquid to a small saucepan, place over medium heat and reduce to 2 tablespoons. Set aside to cool. Toss the apples with the remaining sugar, tapioca flour, jelly, cider, lime juice, salt and grains of paradise.
- ☐ Preheat oven to 425 degrees F.
- ☐ Remove one disk of dough from the refrigerator.
- ☐ Place the dough onto a lightly floured piece of waxed paper. Lightly sprinkle the top of the dough with flour and roll out into a 12-inch circle.
- ☐ Place into a 9 1/2 to 10-inch tart pan that is 2-inches deep. Gently press the dough into the sides of the pan, crimping and trimming the edges as necessary. Set a pie bird in the center of the bottom of the pan.
- ☐ Place the apples into the unbaked pie shell in concentric circles starting around the edges, working towards the center and forming a slight mound in the center of the pie.
- ☐ Pour over any liquid that remains in the bowl.
- ☐ Roll out the second pie dough as the first.
- ☐ Place this dough over the apples, pressing the pie bird through the top crust. Press together the edges of the dough around the rim of the pie.
- ☐ Brush the top crust with the reduced juice everywhere except around the edge of pie. Trim any excess dough.
- ☐ Place the pie on a half sheet pan lined with parchment paper and bake on the floor** of the oven for 30 minutes.
- ☐ Transfer to the lower rack of the oven and continue to bake another 20 minutes or until the apples are cooked through but not mushy.
- ☐ Remove to a rack and cool a minimum of 4 hours or until almost room temperature.

Nutrition Facts



Properties

Glycemic Index:34.29, Glycemic Load:33.12, Inflammation Score:-5, Nutrition Score:7.9282609418682%

Flavonoids

Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 10.32mg, Epicatechin: 10.32mg, Epicatechin: 10.32mg, Epicatechin: 10.32mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 429.84kcal (21.49%), Fat: 20.07g (30.88%), Saturated Fat: 10.25g (64.04%), Carbohydrates: 61g (20.33%), Net Carbohydrates: 56.77g (20.64%), Sugar: 27.53g (30.59%), Cholesterol: 36.57mg (12.19%), Sodium: 296.3mg (12.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.07%), Vitamin B1: 0.29mg (19.56%), Fiber: 4.24g (16.94%), Selenium: 11.85µg (16.93%), Folate: 67.39µg (16.85%), Manganese: 0.28mg (14.22%), Vitamin B2: 0.21mg (12.63%), Vitamin B3: 2.14mg (10.72%), Iron: 1.81mg (10.05%), Vitamin A: 499.07IU (9.98%), Vitamin C: 6.93mg (8.39%), Vitamin K: 7.31µg (6.96%), Vitamin E: 1.01mg (6.76%), Phosphorus: 57.11mg (5.71%), Potassium: 192.62mg (5.5%), Copper: 0.09mg (4.7%), Magnesium: 14.95mg (3.74%), Vitamin B6: 0.07mg (3.64%), Vitamin B5: 0.29mg (2.92%), Zinc: 0.31mg (2.09%), Calcium: 18.76mg (1.88%), Vitamin D: 0.26µg (1.7%)