



Sweet Caramel Apple Pie

READY IN



45 min.

SERVINGS



10

CALORIES



384 kcal

DESSERT

Ingredients

- 0.3 cup brown sugar packed
- 8 teaspoons butter chilled cut into small pieces
- 0.3 cup caramel sundae syrup fat-free
- 3 tablespoons cornstarch
- 0.3 cup flour all-purpose
- 2.5 pounds granny smith apples peeled sliced
- 0.5 cup granulated sugar
- 2.5 teaspoons ground cinnamon divided
- 0.3 teaspoon ground nutmeg

- 2 tablespoons regular oats
- 15 ounce pie dough refrigerated (such as Pillsbury)
- 0.3 teaspoon salt

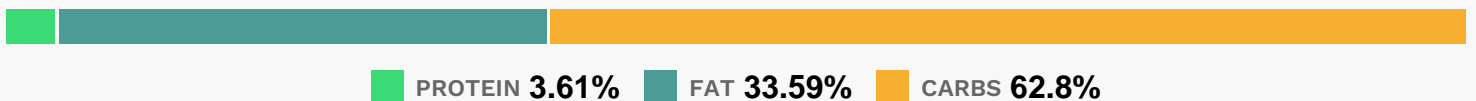
Equipment

- bowl
- oven
- wire rack
- blender
- aluminum foil

Directions

- Preheat oven to 37
- Fit dough into a 9-inch pie plate. Fold edges under; flute. Line dough with a piece of foil and arrange pie weights or dried beans on foil.
- Bake at 375 for 15 minutes.
- Remove pie weights and foil. Cool on a wire rack.
- Combine granulated sugar, cornstarch, 2 teaspoons cinnamon, salt and nutmeg in a bowl; sprinkle over apples. Toss gently. Stir in caramel. Spoon apple mixture into prepared crust.
- Combine 1/2 teaspoon cinnamon, flour, and brown sugar in a bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in oats.
- Sprinkle oat mixture evenly over apple mixture.
- Bake at 375 for 40 minutes. Shield edges of crust with foil.
- Bake an additional 10 minutes or until golden. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:34.21, Glycemic Load:13.14, Inflammation Score:-3, Nutrition Score:5.9439130697561%

Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

Nutrients (% of daily need)

Calories: 384.22kcal (19.21%), Fat: 14.69g (22.6%), Saturated Fat: 5.59g (34.94%), Carbohydrates: 61.79g (20.6%), Net Carbohydrates: 57.5g (20.91%), Sugar: 31.45g (34.94%), Cholesterol: 8.6mg (2.87%), Sodium: 286.65mg (12.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.11%), Manganese: 0.39mg (19.52%), Fiber: 4.29g (17.15%), Vitamin B1: 0.17mg (11.12%), Folate: 39.67µg (9.92%), Iron: 1.54mg (8.54%), Vitamin B3: 1.46mg (7.32%), Vitamin B2: 0.12mg (7.21%), Vitamin C: 5.27mg (6.39%), Selenium: 4.18µg (5.97%), Vitamin K: 6.07µg (5.78%), Phosphorus: 56.24mg (5.62%), Potassium: 186.13mg (5.32%), Magnesium: 15.81mg (3.95%), Copper: 0.08mg (3.92%), Vitamin B6: 0.07mg (3.68%), Vitamin E: 0.51mg (3.43%), Vitamin A: 169.93IU (3.4%), Calcium: 30.48mg (3.05%), Vitamin B5: 0.29mg (2.94%), Zinc: 0.32mg (2.14%)