

Tante's Apple Pie

 Vegetarian

READY IN



90 min.

SERVINGS



12

CALORIES



139 kcal

DESSERT

Ingredients

- ☐ 8 apples cored peeled cut into thin wedges
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 cup brown sugar
- ☐ 2 tablespoons butter softened
- ☐ 1 egg yolk
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 tablespoons milk

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar white
- ☐ 0.3 cup lard
- ☐ 0.3 cup lard

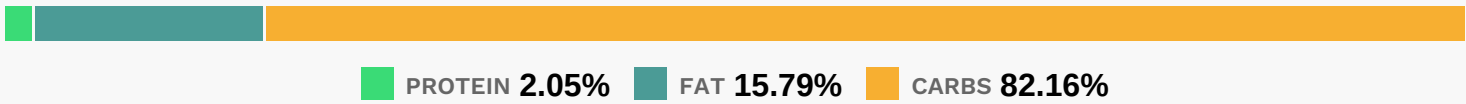
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C.)
- ☐ In a large bowl, combine flour, 2 teaspoons white sugar, baking powder and salt.
- ☐ Cut in 1/4 cup butter and lard until mixture resembles coarse crumbs. Blend egg yolk and milk, add to flour mixture and stir until mixture forms a ball. Pat onto the bottom and about 1 inch up the sides of an 8x12 inch baking pan. Arrange apple wedges in rows lengthwise on top of dough. Cover with streusel.
- ☐ To make the streusel: In a medium bowl, combine 1/2 cup white sugar, 1/4 cup brown sugar, cinnamon and 1 1/2 tablespoon flour.
- ☐ Cut in butter and blend into coarse meal.
- ☐ Bake in the preheated oven for 60 minutes. Cover with foil the last 25 minutes to prevent over browning.

Nutrition Facts



Properties

Glycemic Index:30.17, Glycemic Load:10.89, Inflammation Score:-2, Nutrition Score:2.7247826146043%

Flavonoids

Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 9.14mg, Epicatechin: 9.14mg, Epicatechin: 9.14mg, Epicatechin: 9.14mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg

Nutrients (% of daily need)

Calories: 139.45kcal (6.97%), Fat: 2.61g (4.02%), Saturated Fat: 1.42g (8.9%), Carbohydrates: 30.59g (10.2%), Net Carbohydrates: 27.6g (10.04%), Sugar: 25.52g (28.35%), Cholesterol: 21.52mg (7.17%), Sodium: 151.51mg (6.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.52%), Fiber: 2.98g (11.93%), Vitamin C: 5.58mg (6.77%), Potassium: 143.48mg (4.1%), Calcium: 37.36mg (3.74%), Manganese: 0.07mg (3.39%), Phosphorus: 30.83mg (3.08%), Vitamin A: 149.76IU (3%), Vitamin B6: 0.06mg (2.95%), Vitamin B2: 0.05mg (2.94%), Vitamin K: 2.88µg (2.74%), Vitamin B1: 0.03mg (2.14%), Vitamin E: 0.31mg (2.1%), Folate: 7.67µg (1.92%), Copper: 0.04mg (1.92%), Selenium: 1.34µg (1.91%), Magnesium: 7.25mg (1.81%), Iron: 0.31mg (1.73%), Vitamin B5: 0.14mg (1.41%)