



Top Secret Apple Pie

 Vegetarian

READY IN



120 min.

SERVINGS



8

CALORIES



260 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter softened
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.3 teaspoon ground coriander
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 1 cup brown sugar light

- ☐ 4 cups tart apples cored peeled chopped
- ☐ 1 tablespoon sugar
- ☐ 1 cup sugar white

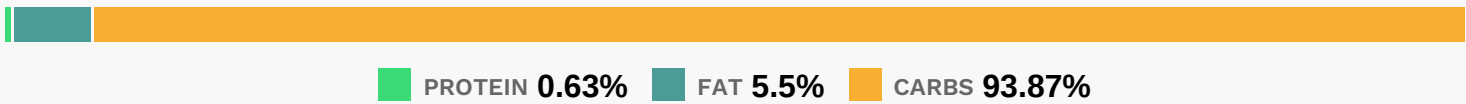
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C.)
- ☐ Roll one ball of dough out to fit a 9 inch pie plate.
- ☐ Place bottom crust in pie plate.
- ☐ Roll out top crust and set aside.
- ☐ In a large bowl, combine sliced apples, white sugar, brown sugar, 2 tablespoons flour, cinnamon, nutmeg, coriander, allspice and cloves.
- ☐ Mix well and pour into pie shell. Dot with remaining tablespoon butter. Cover with top crust, seal edges, and cut away excess dough. Make several small slits in the top to allow steam to escape.
- ☐ Sprinkle top with turbinado sugar.
- ☐ Bake in the preheated oven for 60 to 90 minutes, or until crust is golden brown and filling is bubbly.

Nutrition Facts



Properties

Glycemic Index:39.64, Glycemic Load:20.78, Inflammation Score:-1, Nutrition Score:1.8739130207054%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg

Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 259.52kcal (12.98%), Fat: 1.66g (2.55%), Saturated Fat: 0.93g (5.82%), Carbohydrates: 63.65g (21.22%), Net Carbohydrates: 61.97g (22.54%), Sugar: 59.63g (66.26%), Cholesterol: 3.76mg (1.25%), Sodium: 20.08mg (0.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.85%), Fiber: 1.67g (6.7%), Manganese: 0.1mg (4.93%), Vitamin C: 2.92mg (3.54%), Potassium: 109.22mg (3.12%), Calcium: 30.07mg (3.01%), Iron: 0.41mg (2.25%), Vitamin B6: 0.04mg (1.91%), Vitamin B2: 0.03mg (1.84%), Copper: 0.04mg (1.81%), Vitamin B1: 0.03mg (1.72%), Magnesium: 6.58mg (1.65%), Selenium: 1.16µg (1.65%), Vitamin A: 78.27IU (1.57%), Vitamin K: 1.59µg (1.51%), Folate: 5.7µg (1.42%), Phosphorus: 10.94mg (1.09%), Vitamin E: 0.16mg (1.07%), Vitamin B3: 0.2mg (1.02%)