



Topsy-Turvy Apple Pie

READY IN



90 min.

SERVINGS



8

CALORIES



422 kcal

DESSERT

Ingredients

- ☐ 4 cups apples peeled thinly sliced
- ☐ 0.3 cup brown sugar packed
- ☐ 1 tablespoon butter melted
- ☐ 1 tablespoon plus
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.7 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup pecan halves
- ☐ 1 box pie crust refrigerated softened pillsbury®

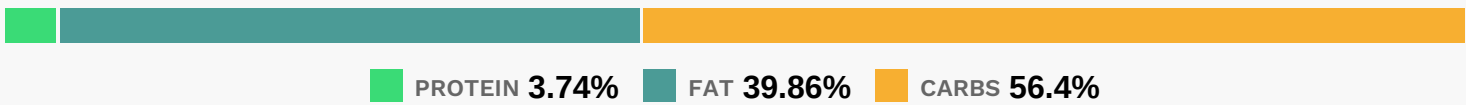
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ aluminum foil

Directions

- ☐ Heat oven to 425 degrees F. In 9-inch glass pie plate, mix brown sugar, butter and corn syrup.
- ☐ Spread evenly in bottom of pie plate. Arrange pecans over mixture. Make pie crusts as directed on box for Two-Crust Pie, placing bottom crust over mixture in pan.
- ☐ In small bowl, mix granulated sugar, flour and cinnamon. Arrange half of apple slices in crust-lined pie plate.
- ☐ Sprinkle with half of sugar mixture. Repeat with remaining apple slices and sugar mixture. Top with second crust; seal edge and flute.
- ☐ Cut slits in several places in top crust.
- ☐ Place pie on sheet of foil on middle oven rack in oven; bake 8 minutes. Reduce oven temperature to 350 degrees F; bake 35 to 45 minutes longer or until apples are tender and crust is golden brown. Immediately run knife around edge of pie to loosen.
- ☐ Place serving plate upside down over pie; turn serving plate and pie plate over.
- ☐ Remove pie plate.
- ☐ Serve warm or cool with whipped cream.

Nutrition Facts



Properties

Glycemic Index:32.64, Glycemic Load:15.38, Inflammation Score:-3, Nutrition Score:6.3017390987471%

Flavonoids

Cyanidin: 1.65mg, Cyanidin: 1.65mg, Cyanidin: 1.65mg, Cyanidin: 1.65mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.26mg, Catechin: 1.26mg, Catechin: 1.26mg, Catechin: 1.26mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 4.76mg, Epicatechin: 4.76mg, Epicatechin: 4.76mg, Epicatechin: 4.76mg 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 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: 421.51kcal (21.08%), Fat: 19.09g (29.38%), Saturated Fat: 5.38g (33.64%), Carbohydrates: 60.78g (20.26%), Net Carbohydrates: 57.32g (20.84%), Sugar: 32.17g (35.74%), Cholesterol: 3.76mg (1.25%), Sodium: 220.22mg (9.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.06%), Manganese: 0.56mg (28.05%), Fiber: 3.46g (13.84%), Vitamin B1: 0.21mg (13.69%), Folate: 41.8µg (10.45%), Iron: 1.69mg (9.37%), Vitamin B3: 1.6mg (8%), Vitamin B2: 0.12mg (7.2%), Copper: 0.14mg (6.81%), Phosphorus: 62.81mg (6.28%), Selenium: 3.94µg (5.63%), Vitamin K: 5.41µg (5.15%), Magnesium: 19.28mg (4.82%), Potassium: 153.21mg (4.38%), Zinc: 0.56mg (3.75%), Vitamin C: 2.95mg (3.57%), Vitamin B6: 0.07mg (3.38%), Vitamin E: 0.47mg (3.16%), Vitamin B5: 0.31mg (3.14%), Calcium: 25.77mg (2.58%), Vitamin A: 81.82IU (1.64%)