



Upside Down Apple Pecan Pie

READY IN



60 min.

SERVINGS



8

CALORIES



436 kcal

DESSERT

Ingredients

- ☐ 3 cups apples cored peeled sliced
- ☐ 2 tablespoons brown sugar packed
- ☐ 4 tablespoons butter divided
- ☐ 2 deep dish pie shells frozen tenderflake®
- ☐ 2 teaspoons gingerroot freshly grated
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 cup pecans

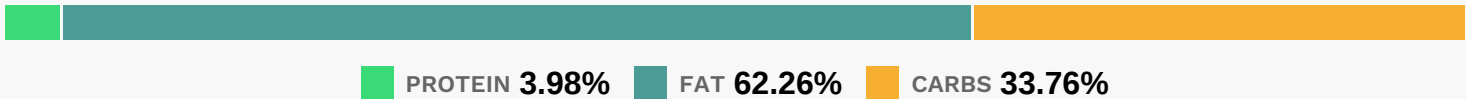
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ PREHEAT oven to 375 degrees F (190 degrees C).
- ☐ COMBINE pecans, melted butter and brown sugar in a 9-inch (23cm) pie plate.
- ☐ Remove the first pie shell from the aluminum pie plate and place on top of the pecan mixture.
- ☐ HEAT 3 tablespoons (45 mL) of butter in a large skillet over medium-high heat.
- ☐ Add apples and cook, stirring for 2-3 minutes or until soft. Stir in ginger, cinnamon and brown sugar.
- ☐ ARRANGE the apple mixture on top of the piecrust in the pan. Dot with butter. Top the mixture with the second piecrust after removing it from the aluminum foil pan. Flute the edges of the piecrust and cut several slits in the top to allow steam to escape.
- ☐ BAKE pie on the middle rack of the preheated oven.
- ☐ Place aluminum foil under the pie plate in case the filling bubbles over.
- ☐ Bake for 35-40 minutes or until golden brown.
- ☐ Remove from the oven and immediately invert the pie onto a serving plate.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:1.78, Inflammation Score:-4, Nutrition Score:7.8347826606554%

Flavonoids

Cyanidin: 2.07mg, Cyanidin: 2.07mg, Cyanidin: 2.07mg, Cyanidin: 2.07mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.51mg, Catechin: 1.51mg, Catechin: 1.51mg, Catechin: 1.51mg Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg Epicatechin: 3.63mg, Epicatechin: 3.63mg, Epicatechin: 3.63mg Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg Luteolin: 0.06mg, Luteolin: 0.06mg,

Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 436.45kcal (21.82%), Fat: 30.91g (47.55%), Saturated Fat: 8.97g (56.06%), Carbohydrates: 37.71g (12.57%), Net Carbohydrates: 34.56g (12.57%), Sugar: 8.29g (9.21%), Cholesterol: 15.05mg (5.02%), Sodium: 245.84mg (10.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.9%), Manganese: 0.86mg (42.81%), Vitamin B1: 0.22mg (14.56%), Fiber: 3.15g (12.59%), Folate: 47.93µg (11.98%), Copper: 0.21mg (10.43%), Vitamin K: 10.45µg (9.95%), Iron: 1.68mg (9.32%), Vitamin B3: 1.61mg (8.05%), Phosphorus: 79.86mg (7.99%), Vitamin E: 1.12mg (7.49%), Magnesium: 26.45mg (6.61%), Vitamin B2: 0.11mg (6.57%), Zinc: 0.85mg (5.66%), Potassium: 160.32mg (4.58%), Selenium: 3.12µg (4.46%), Vitamin A: 207.36IU (4.15%), Vitamin B6: 0.07mg (3.7%), Vitamin B5: 0.35mg (3.52%), Vitamin C: 2.32mg (2.81%), Calcium: 27.65mg (2.77%)