



## Vegan Apple Pie in a Pecan Crust

 Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



270 kcal

DESSERT

### Ingredients

- ☐ 2 Teaspoons apple cider vinegar
- ☐ 8 g cornstarch
- ☐ 28 g dairy-free margarine
- ☐ 60 ml dairy-free milk alternative as needed
- ☐ 4 granny smith cored cubed quartered
- ☐ 2 Teaspoons ground cinnamon
- ☐ 45 ml juice of lemon fresh divided
- ☐ 110 g brown sugar light packed

- ☐ 74 g pecan halves
- ☐ 1 pinch sea salt fine
- ☐ 180 g pastry flour whole wheat

## Equipment

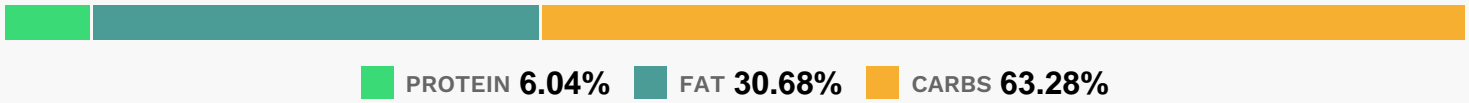
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ pot

## Directions

- ☐ Preheat oven to 375°F (190°C, or gas mark 5). Lightly coat a 9-inch (23-cm) pie plate with spray.
- ☐ Add pecans, flour, sugar, salt and butter to a food processor. Pulse a few times to grind pecans and combine.
- ☐ Add milk, a little at a time, just until the dough sticks together when pinched. Evenly crumble dough into the prepared pie plate, and press it down to cover the whole bottom and sides of the plate. Make sure no cracks are left so that the filling has no chance to seep down through them. Alternatively, you can roll out the crust on a lightly floured surface and carefully transfer it into the pie plate to fit it in. You can also optionally reserve a generous handful of the crust to crumble on top of the filling as it bakes. Cover the crust with a piece of parchment and pie weights. Pre-bake for 24 minutes.
- ☐ Combine all ingredients (only 2 tablespoons [30 ml] milk or lemon juice, and save the cornstarch for later!) in a pot. Bring to a boil, lower heat and cook on medium for 14 minutes, stirring often. The syrup must be rather thick and the apples just barely tender without falling apart.
- ☐ Combine remaining milk or juice and cornstarch in a small bowl.
- ☐ Add into the apple mixture, stirring well, and cook for another 2 minutes until thickened.
- ☐ Place filling evenly into crust.
- ☐ Bake for another 24 minutes, or until the edges of the crust are golden brown.

Place the pie plate on a wire rack to cool.As is customary with pies, the first slice might be a mess: a good excuse to sacrifice yourself and have at it before anyone else does. Awfully sweet of you, innit?

Nutrition Facts



Properties

Glycemic Index:15.05, Glycemic Load:3.45, Inflammation Score:-4, Nutrition Score:10.920869578486%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg Epicatechin: 6.93mg, Epicatechin: 6.93mg, Epicatechin: 6.93mg, Epicatechin: 6.93mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg

Nutrients (% of daily need)

Calories: 270.34kcal (13.52%), Fat: 9.81g (15.09%), Saturated Fat: 1.3g (8.11%), Carbohydrates: 45.52g (15.17%), Net Carbohydrates: 39.72g (14.44%), Sugar: 23.61g (26.24%), Cholesterol: 0mg (0%), Sodium: 36.67mg (1.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.68%), Manganese: 1.46mg (73.18%), Fiber: 5.8g (23.21%), Selenium: 14.64µg (20.92%), Vitamin B1: 0.2mg (13.04%), Copper: 0.25mg (12.34%), Magnesium: 48.55mg (12.14%), Phosphorus: 117.66mg (11.77%), Vitamin E: 1.34mg (8.93%), Vitamin B6: 0.17mg (8.74%), Vitamin C: 7.09mg (8.59%), Vitamin B3: 1.58mg (7.9%), Iron: 1.34mg (7.45%), Potassium: 255.86mg (7.31%), Zinc: 1.08mg (7.17%), Vitamin B2: 0.09mg (5.22%), Calcium: 46.94mg (4.69%), Vitamin K: 4.85µg (4.62%), Folate: 18.39µg (4.6%), Vitamin A: 221.23IU (4.42%), Vitamin B5: 0.3mg (2.99%), Vitamin B12: 0.08µg (1.35%)