



Vermont Apple Pie

READY IN



85 min.

SERVINGS



8

CALORIES



444 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter
- ☐ 3 tablespoons cinnamon
- ☐ 1 eggs
- ☐ 4 tablespoons flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 1 pinch nutmeg
- ☐ 2 9-inch pie crusts
- ☐ 3 pounds tart apples cored peeled sliced
- ☐ 1 tablespoon water

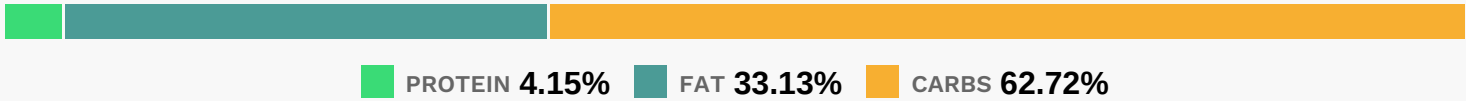
Equipment

- ☐ oven
- ☐ knife

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Mix sliced apples with sugar, cinnamon, flour, and nutmeg.
- ☐ Place 1 of the pie crusts into a 9-inch pie plate.
- ☐ Place the apple mixture into the piecrust and cover with a crust top.
- ☐ Add butter into apples, if desired.
- ☐ Combine the egg and water and beat to make an egg glaze.
- ☐ Brush the top crust with the egg glaze for a nice glossy appearance.
- ☐ Bake in the oven for 50 to 55 minutes. Make sure to place pie on a tray to prevent juices from spilling into the oven.
- ☐ Test pie with a sharp knife to feel if apples are tender enough for your taste. If necessary cook pie for 5 minutes more and test again. Repeat process if desired.
- ☐ Cool and serve with ice cream or any of your favorite toppings.

Nutrition Facts



Properties

Glycemic Index:37.76, Glycemic Load:21.43, Inflammation Score:-4, Nutrition Score:9.0004346033801%

Flavonoids

Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 12.81mg, Epicatechin: 12.81mg, Epicatechin: 12.81mg, Epicatechin: 12.81mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg

Epigallocatechin 3–gallate: 0.32mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg

Nutrients (% of daily need)

Calories: 443.81kcal (22.19%), Fat: 16.87g (25.95%), Saturated Fat: 6.15g (38.42%), Carbohydrates: 71.84g (23.95%), Net Carbohydrates: 64.79g (23.56%), Sugar: 36.54g (40.6%), Cholesterol: 27.99mg (9.33%), Sodium: 237.19mg (10.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.52%), Manganese: 0.84mg (41.8%), Fiber: 7.05g (28.21%), Vitamin B1: 0.2mg (13.29%), Folate: 49.93µg (12.48%), Iron: 2.04mg (11.32%), Vitamin B2: 0.18mg (10.53%), Vitamin C: 7.94mg (9.63%), Vitamin B3: 1.77mg (8.87%), Selenium: 6.05µg (8.65%), Vitamin K: 8.6µg (8.19%), Potassium: 256.69mg (7.33%), Phosphorus: 72.68mg (7.27%), Vitamin B6: 0.11mg (5.54%), Calcium: 54.72mg (5.47%), Copper: 0.11mg (5.29%), Vitamin E: 0.75mg (4.98%), Magnesium: 19.61mg (4.9%), Vitamin A: 218.49IU (4.37%), Vitamin B5: 0.42mg (4.22%), Zinc: 0.45mg (3.02%)