



Walnut-Crusted Apple Pie

 Vegetarian

READY IN



110 min.

SERVINGS



10

CALORIES



281 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 3 tablespoons brown sugar packed
- ☐ 5 tablespoons butter cold cut into pieces
- ☐ 1 large egg yolk
- ☐ 1.5 cups flour all-purpose
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 3 tablespoons ice-cold vodka
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon milk 2% reduced-fat
- ☐ 1 pound pink lady apples cored peeled thinly sliced (2)
- ☐ 1 pound golden delicious apples cored peeled thinly sliced (2)
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup walnuts coarsely chopped

Equipment

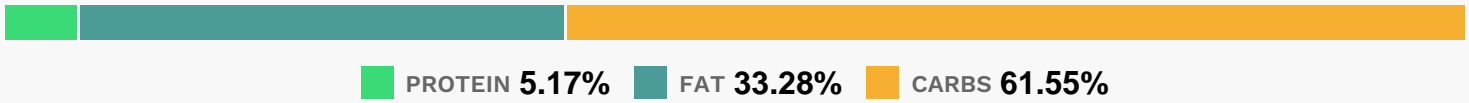
- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Combine first 8 ingredients; toss to coat.
- ☐ Place nuts in a food processor; process until finely ground. Weigh or lightly spoon 75 ounces flour into dry measuring cups; level with a knife.
- ☐ Add flour, 3 tablespoons brown sugar, and 1/4 teaspoon salt to food processor; pulse 5 times.
- ☐ Add butter; pulse 6 times or until mixture resembles coarse meal. With processor on, slowly add vodka through food chute, processing just until combined (do not form a ball). Turn dough out onto a lightly floured surface. Knead 3 to 4 times. Divide dough into 2 equal portions. Gently press each portion into a 4-inch circle on plastic wrap. Cover with plastic wrap; chill 30 minutes.
- ☐ Preheat oven to 42

- ☐ Unwrap and place 1 dough piece on plastic wrap. Cover with 2 sheets of overlapping plastic wrap.
- ☐ Roll dough, still covered, into a 10-inch circle.
- ☐ Place into a 9-inch pie plate coated with cooking spray. Spoon apple mixture into pie plate.
- ☐ Unwrap and place remaining portion of dough on plastic wrap. Cover with 2 sheets of overlapping plastic wrap.
- ☐ Roll dough, still covered, into a 12-inch circle.
- ☐ Place over apple mixture. Press edges of dough together. Fold edges under; flute.
- ☐ Cut slits in top of dough to allow steam to escape.
- ☐ Combine milk and egg yolk, stirring with a whisk. Gently brush top of dough with milk mixture.
- ☐ Place pie plate on a foil-lined baking sheet; bake at 425 for 20 minutes in the lower third of oven. Shield edges of piecrust with foil. Reduce oven temperature to 350 (do not remove pie from oven); bake an additional 30 minutes or until browned. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:37.41, Glycemic Load:18.06, Inflammation Score:-4, Nutrition Score:6.4004347013391%

Flavonoids

Cyanidin: 1.58mg, Cyanidin: 1.58mg, Cyanidin: 1.58mg, Cyanidin: 1.58mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.83mg, Epicatechin: 6.83mg, Epicatechin: 6.83mg, Epicatechin: 6.83mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg 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: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 280.57kcal (14.03%), Fat: 10.35g (15.92%), Saturated Fat: 4.2g (26.22%), Carbohydrates: 43.06g (14.35%), Net Carbohydrates: 39.91g (14.51%), Sugar: 23.63g (26.25%), Cholesterol: 33.53mg (11.18%), Sodium: 108.78mg (4.73%), Alcohol: 1.5g (100%), Alcohol %: 1.28% (100%), Protein: 3.62g (7.24%), Manganese: 0.39mg (19.34%), Vitamin B1: 0.2mg (13.28%), Fiber: 3.15g (12.61%), Folate: 48.97µg (12.24%), Selenium: 8.35µg (11.94%), Vitamin B2: 0.15mg (8.71%), Copper: 0.15mg (7.72%), Iron: 1.34mg (7.46%), Vitamin B3: 1.36mg (6.81%), Vitamin C: 5.41mg (6.56%), Phosphorus: 62.6mg (6.26%), Vitamin A: 251.46IU (5.03%), Magnesium: 19.65mg (4.91%), Potassium: 165.78mg (4.74%), Vitamin B6: 0.09mg (4.47%), Vitamin E: 0.43mg (2.86%), Calcium: 28.21mg (2.82%), Zinc: 0.42mg (2.79%), Vitamin K: 2.73µg (2.6%), Vitamin B5: 0.26mg (2.57%)