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Apple Pie ^{••}

Apple pie is a classic dessert made with a flaky pastry crust filled with sweet and tart apples. It is a popular dish during the fall season and is often served with a scoop of vanilla ice cream.

Recipe Type: Standard

Prep Time: 30 mins

Cook Time: 60 mins

Total Time: 90 mins

Recipe Yield: 2 grams

Number of Servings: 8

Serving Size: 150 g

Ingredients

450 g	pie crust
1000 g	Apples
200 g	sugar
2 tsp	cinnamon
30 g	flour

2 tbsp	lemon juice
1 tsp	salt
1 pieces	Egg

Directions

Step 1

Preheating

Preheat the oven to 425°F (220°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Roll out one pie crust and place it in a 9-inch pie dish.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine sliced apples, sugar, cinnamon, flour, lemon juice, and salt. Mix well.

Prep Time: 10 mins

Cook Time: 0 mins

Step 4

Pour the apple mixture into the pie crust.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Roll out the second pie crust and place it on top of the apple filling. Trim and crimp the edges to seal the pie.

Prep Time: 10 mins

Cook Time: 0 mins

Step 6

Mixing

Beat the egg in a small bowl and brush it over the top crust.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Cutting

Cut slits in the top crust to allow steam to escape during baking.

Prep Time: 5 mins

Cook Time: 0 mins

Step 8

Baking

Bake the pie in the preheated oven for 45-50 minutes, or until the crust is golden brown and the filling is bubbling.

Prep Time: 0 mins

Cook Time: 45 mins

Step 9

Cooling

Remove the pie from the oven and let it cool for at least 2 hours before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 295 kcal

Fat: 8 g

Protein: 3 g

Carbohydrates: 53 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	53 g	96.36%	106%
Fibers	4 g	10.53%	16%
Sugars	30 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	3 g	13.64%	17.65%
Fat	8 g	28.57%	32%
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	240 mg	10.43%	10.43%
Calcium	1 mg	0.1%	0.1%
Iron	5 mg	62.5%	27.78%
Potassium	170 mg	5%	6.54%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	2 mg	18.18%	25%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Events

Christmas New Year Back to School

Cuisines

Italian Middle Eastern

Nutritional Content

Low Calorie

Course

Breads Desserts Salads Sauces & Dressings

Cultural

Chinese New Year Christmas

Demographics

Senior Friendly Allergy Friendly Heart Healthy

Diet

The Whole30 Diet Intermittent Fasting Vegetarian Diet Vegan Diet

Ovo-Vegetarian Diet

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

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