

# Guiltless Apple Pie



## INGREDIENTS

- 2 refrigerated pie crust
- 6 cups apples, thinly sliced
- 1/4 cup sugar
- 1½ tbsp. flour
- 1 tsp. ground cinnamon
- 1/4 tsp. nutmeg
- 1/4 tsp. allspice
- 1/4 tsp. salt
- 1 tbsp. lemon juice

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**PREP TIME:** 30 minutes    **COOK TIME:** 45 minutes

## DIRECTIONS

1. Wash your hands, apples, and clean your cooking area.
2. Preheat oven to 425°F.
3. Peel and thinly slice apples.
4. In a large bowl, mix sliced apples and remaining filling ingredients.
5. Place 1 pie crust in an ungreased pie plate. Press firmly against the bottom and sides.
6. Add apple mixture to pie dish. Top with the second crust. Press pie crust edges together to seal.
7. Cut slits or shapes in several places in the top crust.
8. Bake for 40-45 minutes or until apples are soft and crust is golden brown. (Optional: Cover edge of crust with 2-3 inch wide foil strips for the final 15-20 minutes of baking to prevent the edges from burning.)
9. Let the pie cool for at least 2 hours before serving. The filling will thicken as it cools.

## Nutrition Facts

11 servings per container  
**Serving size**            **1 slice (103g)**

**Amount per serving**  
**Calories**                            **200**

**% Daily Value\***

**Total Fat** 9g                            **12%**

Saturated Fat 3.5g                    **18%**

Trans Fat 0g

**Cholesterol** 5mg                    **2%**

**Sodium** 240mg                    **10%**

**Total Carbohydrate** 31g            **11%**

Dietary Fiber 2g                    **7%**

Total Sugars 11g

Includes 5g Added Sugars            **10%**

**Protein** 2g

Vitamin D 0mcg                    0%

Calcium 7mg                    0%

Iron 1mg                    6%

Potassium 68mg                    2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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