

Apple Cream Pie

What's Cooking II

North American Institute of Modern Cuisine

Servings: 8

1 9-inch pie crust
4 apples, peeled and finely sliced
2 egg yolks
4 teaspoons sugar
2 drops vanilla extract
2/3 cup heavy cream
1/2 cup Apricot Glaze (see
Desserts/ Sauces and Coulis)
(optional)

Preheat the oven to 375 degrees.

Line a pie pan with the crust. Set aside.

Arrange concentric circles of apples over the crust. Bake in the oven for 20 minutes.

Meanwhile, in a bowl, mix the egg yolks, sugar, and vanilla extract. Fold in the cream.

Remove the pie from the oven. Cover with the cream mixture. Return to the oven for approximately 20 minutes or until the top is golden brown. Let cool for 10 minutes.

Unmold. Cover with the Apricot Glaze, if desired.

Variation: Decorate the pie with sliced almonds or grated cheddar cheese.

Per Serving (excluding unknown items): 131 Calories; 9g Fat (57.8% calories from fat); 1g Protein; 13g Carbohydrate; 2g Dietary Fiber; 80mg Cholesterol; 9mg Sodium. Exchanges: 0 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	131	Vitamin B6 (mg):	trace
% Calories from Fat:	57.8%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	38.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	3.6%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	9g	Folacin (mcg):	9mcg
Saturated Fat (g):	5g	Niacin (mg):	trace
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	1g
Cholesterol (mg):	80mg
Carbohydrate (g):	13g
Dietary Fiber (g):	2g
Protein (g):	1g
Sodium (mg):	9mg
Potassium (mg):	98mg
Calcium (mg):	23mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	4mg
Vitamin A (i.u.):	406IU
Vitamin A (r.e.):	110 1/2RE

Alcohol (kcal):	trace
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 131	Calories from Fat: 76
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% Daily Values*

Total Fat 9g	14%
Saturated Fat 5g	25%
Cholesterol 80mg	27%
Sodium 9mg	0%
Total Carbohydrates 13g	4%
Dietary Fiber 2g	7%
Protein 1g	
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Vitamin A	8%
Vitamin C	7%
Calcium	2%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.