

Applesauce Pie

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Yield: 1 nine-inch pie

10 large Granny Smith apples, peeled and chopped

1 large lemon, sliced and seeded

2 1/2 cups sugar

3 tablespoons butter or margarine

1 teaspoon vanilla extract

1 package (15 ounces) refrigerated piecrusts

whipped cream (optional)

In a Dutch oven over medium heat, cook the apples, lemon and sugar, stirring often, for 35 minutes or until thickened. Remove from the heat and discard the lemon. Add the butter and vanilla. Cool.

Preheat the oven to 425 degrees.

Fit one piecrust into a nine-inch pieplate according to package directions. Pour the applesauce mixture into the crust.

Roll the remaining piecrust to press out the fold lines. Cut into 1/2-inch strips. Arrange the strips in a lattice design over the filling. Fold the edges under and crimp.

Bake on the lowest oven rack for 30 to 35 minutes or until golden, shielding the pie with aluminum foil to prevent excessive browning, if necessary.

Serve with whipped cream, if desired.

Per Serving (excluding unknown items): 2885 Calories; 36g Fat (10.8% calories from fat); 5g Protein; 666g Carbohydrate; 27g Dietary Fiber; 93mg Cholesterol; 386mg Sodium. Exchanges: 11 1/2 Fruit; 7 Fat; 33 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):

2885

Vitamin B6 (mg):

1.2mg

% Calories from Fat:	10.8%
% Calories from Carbohydrates:	88.6%
% Calories from Protein:	0.7%
Total Fat (g):	36g
Saturated Fat (g):	22g
Monounsaturated Fat (g):	10g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	93mg
Carbohydrate (g):	666g
Dietary Fiber (g):	27g
Protein (g):	5g
Sodium (mg):	386mg
Potassium (mg):	1761mg
Calcium (mg):	85mg
Iron (mg):	2mg
Zinc (mg):	2mg
Vitamin C (mg):	86mg
Vitamin A (i.u.):	1925IU
Vitamin A (r.e.):	379RE

Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.5mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	21mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	13
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	11 1/2
Non-Fat Milk:	0
Fat:	7
Other Carbohydrates:	33 1/2

Nutrition Facts

Amount Per Serving

Calories 2885 Calories from Fat: 310

% Daily Values*

Total Fat	36g	55%
Saturated Fat	22g	111%
Cholesterol	93mg	31%
Sodium	386mg	16%
Total Carbohydrates	666g	222%
Dietary Fiber	27g	107%
Protein	5g	
Vitamin A		39%
Vitamin C		143%
Calcium		9%
Iron		11%

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