

Crunch Caramel Apple Pie

*Ladies Home Journal Delicious Desserts 2011
Meredith Corporation - Des Moines, IA*

Servings: 8

1 Recipe for a Single-Crust Pie (see recipe under Desserts/Pies)

1/2 cup sugar

3 tablespoons all-purpose flour

1 teaspoon ground cinnamon

1/8 teaspoon salt

6 cups cooking apples, peeled and thinly sliced

1 recipe for Crumb Topping

1/2 cup chopped pecans

1/4 cup caramel ice cream topping

CRUMB TOPPING

1 cup packed brown sugar

1/2 cup all-purpose flour

1/2 cup quick-cooking rolled oats

1/2 cup butter

Preparation Time: 30 minutes

Bake: 50 minutes

Preheat the oven to 375 degrees.

On a lightly floured surface, roll out the pastry to a twelve-inch circle. Ease the pastry into a nine-inch pie plate, being careful not to stretch the pastry. Trim and crimp the edge as desired.

In a large bowl, stir together the sugar, flour, cinnamon and salt. Add the apple slices and gently toss until coated. Transfer the apple mixture to the pastry-lined pie plate.

Make the crumb topping: In a medium bowl, stir together the brown sugar, all-purpose flour and rolled oats. Using a pastry blender, cut in the butter until the mixture resembles coarse crumbs. Sprinkle over the apple mixture.

To prevent overbrowning, cover the edge of the pie with foil. Bake for 25 minutes. Remove the foil. Bake for 25 to 30 minutes or until the top is golden. Remove from the oven; sprinkle with the pecans. Cool on a wire rack.

Drizzle with the caramel topping before serving.

Per Serving (excluding unknown items): 343 Calories; 17g Fat (42.4% calories from fat); 2g Protein; 49g Carbohydrate; 1g Dietary Fiber; 31mg Cholesterol; 160mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 3 1/2 Fat; 2 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	343	Vitamin B6 (mg):	trace
% Calories from Fat:	42.4%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	55.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	2.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	17g	Folacin (mcg):	20mcg
Saturated Fat (g):	8g	Niacin (mg):	1mg
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	31mg	% Refuse:	n n%
Carbohydrate (g):	49g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	1/2
Protein (g):	2g	Lean Meat:	0
Sodium (mg):	160mg	Vegetable:	0
Potassium (mg):	141mg	Fruit:	0
Calcium (mg):	35mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	3 1/2
Zinc (mg):	1mg	Other Carbohydrates:	2 1/2
Vitamin C (mg):	trace		
Vitamin A (i.u.):	444IU		
Vitamin A (r.e.):	108 1/2RE		

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 343 **Calories from Fat:** 145

% Daily Values*

Total Fat 17g	26%
Saturated Fat 8g	38%
Cholesterol 31mg	10%
Sodium 160mg	7%
Total Carbohydrates 49g	16%
Dietary Fiber 1g	4%
Protein 2g	
Vitamin A	9%
Vitamin C	0%
Calcium	3%
Iron	7%

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