

Deep-Dish Apple Pie

*Food Network Kitchens
Scripps Treasure Coast Newspapers*

*4 pounds Granny Smith apples,
peeled, quartered and cored
1 lemon, zested
1 orange, zested
2 tablespoons freshly squeezed lemon
juice
1 tablespoon freshly squeezed orange
juice
1/2 cup sugar
1/4 cup all-purpose flour
1 teaspoon Kosher salt
3/4 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1/8 teaspoon ground allspice
1 egg, beaten with one tablespoon of
water for egg wash
2 Perfect Pie Crusts (see recipe under
Desserts/Pies)
1 teaspoon sugar (to sprinkle on top)*

Preheat the oven to 400 degrees.

Cut each apple quarter into thirds crosswise and combine in a bowl with the zests, sugar, flour, salt, cinnamon, nutmeg and allspice.

Roll out half the pie dough and drape it over a nine- or ten-inch pie pan to extend about 1/2-inch over the rim. Don't stretch the dough; if it's too small, just put it back on the board and re-roll it.

Fill the pie with the apple mixture. Brush the edge of the bottom pie crust with the egg wash so the top crust will adhere. Top with the second crust and trim the edges to about one-inch over the rim. Tuck the edge of the top crust under the edge of the bottom crust and crimp the two together with your fingers or a fork. Brush the entire top crust with egg wash. Sprinkle with sugar and cut four or five slits.

Place the pie on a sheet pan and bake for one to one and one-quarter hours or until the crust is browned and the juices begin to bubble out.

Serve warm.

Per Serving (excluding unknown items): 1399 Calories; 7g Fat (4.6% calories from fat); 16g Protein; 334g Carbohydrate; 37g Dietary Fiber; 212mg Cholesterol; 1986mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 14 Fruit; 1/2 Fat; 6 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1399	Vitamin B6 (mg):	1.5mg
% Calories from Fat:	4.6%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	91.1%	Thiamin B1 (mg):	1.0mg
% Calories from Protein:	4.3%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	7g	Folacin (mcg):	130mcg
Saturated Fat (g):	3g	Niacin (mg):	4mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	212mg	% Refused:	n n%
Carbohydrate (g):	334g	Food Exchanges	
Dietary Fiber (g):	37g	Grain (Starch):	1 1/2
Protein (g):	16g	Lean Meat:	1
Sodium (mg):	1986mg	Vegetable:	0
Potassium (mg):	2359mg	Fruit:	14
Calcium (mg):	176mg	Non-Fat Milk:	0
Iron (mg):	5mg	Fat:	1/2
Zinc (mg):	3mg	Other Carbohydrates:	6 1/2
Vitamin C (mg):	137mg		
Vitamin A (i.u.):	1255IU		
Vitamin A (r.e.):	165RE		

Nutrition Facts

Amount Per Serving	
Calories 1399	Calories from Fat: 64
% Daily Values*	
Total Fat 7g	12%
Saturated Fat 3g	14%
Cholesterol 212mg	71%
Sodium 1986mg	83%
Total Carbohydrates 334g	111%
Dietary Fiber 37g	148%
Protein 16g	
Vitamin A	25%
Vitamin C	229%
Calcium	18%
Iron	27%

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