

Sour Cream Apple Pie

Sue Mahon

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 8

*3/4 cup sugar
2 tablespoons all-purpose flour
1/8 teaspoon salt
1 cup sour cream
1 egg, well-beaten
1/2 teaspoon vanilla extract
4 cups tart apples, finely chopped
1 nine-inch unbaked pie shell*

TOPPING

*1/3 cup sugar
1/3 cup all-purpose flour
1/4 cup butter or margarine*

Preheat the oven to 425 degrees.

In a large bowl, sift together the sugar, flour and salt. Add the cream, eggs and vanilla. Mix well. Fold in the apples. Spoon the mixture into the prepared pie shell.

Bake for 15 minutes. Reduce the heat to 350 degrees. Continue baking for 30 minutes more.

Make the topping: In a bowl, blend the sugar, flour, butter to make the crumb topping.

Remove the pie from the oven and sprinkle on the topping.

Return to the oven and bake for 30 minutes more.

Remove from the oven and refrigerate immediately until cool.

Per Serving (excluding unknown items): 278 Calories; 13g Fat (39.7% calories from fat); 3g Protein; 40g Carbohydrate; 1g Dietary Fiber; 55mg Cholesterol; 116mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 2 1/2 Fat; 2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	278	Vitamin B6 (mg):	.1mg
% Calories from Fat:	39.7%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	56.6%	Thiamin B1 (mg):	.1mg

% Calories from Protein: 3.7%
 Total Fat (g): 13g
 Saturated Fat (g): 8g
 Monounsaturated Fat (g): 4g
 Polyunsaturated Fat (g): 1g
 Cholesterol (mg): 55mg
 Carbohydrate (g): 40g
 Dietary Fiber (g): 1g
 Protein (g): 3g
 Sodium (mg): 116mg
 Potassium (mg): 126mg
 Calcium (mg): 42mg
 Iron (mg): 1mg
 Zinc (mg): trace
 Vitamin C (mg): 2mg
 Vitamin A (i.u.): 504IU
 Vitamin A (r.e.): 133 1/2RE

Riboflavin B2 (mg): .1mg
 Folic Acid (mcg): 18mcg
 Niacin (mg): trace
 Caffeine (mg): 0mg
 Alcohol (kcal): 1
 % Daily Value: 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 278 Calories from Fat: 110

% Daily Values*

Total Fat 13g 19%
 Saturated Fat 8g 38%
Cholesterol 55mg 18%
Sodium 116mg 5%
Total Carbohydrates 40g 13%
 Dietary Fiber 1g 5%
Protein 3g

Vitamin A 10%
Vitamin C 4%
Calcium 4%
Iron 3%

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