



Allie's Delicious Baked Dumplings

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



584 kcal

SIDE DISH

Ingredients

- ☐ 1 cup confectioners' sugar
- ☐ 0.4 cup bread crumbs dry
- ☐ 1 eggs beaten
- ☐ 4 granny smith apples cored peeled halved
- ☐ 3 tablespoons ground cinnamon
- ☐ 1 pinch ground nutmeg
- ☐ 3 tablespoons milk
- ☐ 17.5 ounce puff pastry frozen thawed

- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

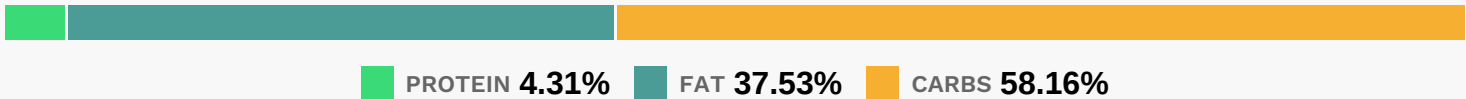
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C). Lightly grease a baking sheet.
- ☐ Roll out each sheet of pastry to measure 12x12 inches.
- ☐ Cut into quarters, to make 8 – 6 inch squares.
- ☐ In a small bowl, combine sugar, bread crumbs, cinnamon and nutmeg.
- ☐ Brush a pastry square with beaten egg.
- ☐ Place 1 tablespoon bread crumb mixture in center.
- ☐ Place one apple half, core side down, over bread crumbs. Top with another tablespoon of mixture. Pull up four corners of pastry and pinch sides together to seal seams completely. Repeat with remaining apples.
- ☐ Brush each dumpling with beaten egg.
- ☐ Place in preheated oven for 15 minutes, then reduce heat to 350 degrees F (175 degrees C) and continue baking 25 minutes more, until lightly browned.
- ☐ Let cool completely at room temperature.
- ☐ To make icing, combine confectioners' sugar and vanilla and enough milk to make a drizzling consistency.
- ☐ Drizzle over cooled dumplings.
- ☐ Serve the same day.

Nutrition Facts



Properties

Glycemic Index:33.89, Glycemic Load:36.08, Inflammation Score:-3, Nutrition Score:10.342173908068%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 584.36kcal (29.22%), Fat: 24.92g (38.33%), Saturated Fat: 6.39g (39.91%), Carbohydrates: 86.89g (28.96%), Net Carbohydrates: 81.92g (29.79%), Sugar: 50.31g (55.9%), Cholesterol: 21.14mg (7.04%), Sodium: 203.25mg (8.84%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 6.44g (12.89%), Manganese: 0.91mg (45.66%), Selenium: 18.41µg (26.31%), Vitamin B1: 0.32mg (21.18%), Fiber: 4.96g (19.84%), Vitamin B2: 0.26mg (15.4%), Vitamin B3: 3.06mg (15.29%), Folate: 59.38µg (14.84%), Iron: 2.31mg (12.85%), Vitamin K: 13.29µg (12.66%), Phosphorus: 74.36mg (7.44%), Copper: 0.13mg (6.34%), Calcium: 61.67mg (6.17%), Vitamin C: 4.3mg (5.22%), Potassium: 176.06mg (5.03%), Magnesium: 20.07mg (5.02%), Vitamin E: 0.63mg (4.22%), Zinc: 0.59mg (3.96%), Vitamin B6: 0.07mg (3.72%), Vitamin B5: 0.2mg (2%), Vitamin A: 97.55IU (1.95%), Vitamin B12: 0.1µg (1.62%), Vitamin D: 0.17µg (1.15%)