



Anne's Quick Apple Dumpling Bundles

READY IN



40 min.

SERVINGS



4

CALORIES



858 kcal

SIDE DISH

Ingredients

- ☐ 12 oz spiced apples frozen thawed
- ☐ 12 oz caramel topping warmed
- ☐ 1 egg white lightly beaten
- ☐ 0.5 cup pecans chopped
- ☐ 15 oz piecrusts refrigerated
- ☐ 4 servings sugar

Equipment

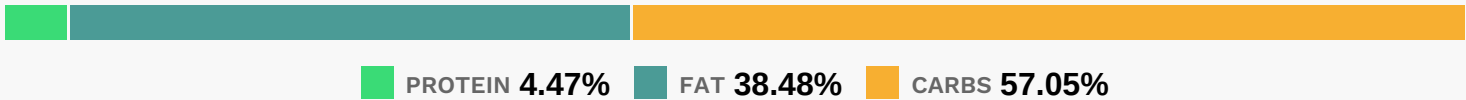
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Bake pecans in a single layer in a shallow pan 5 to 6 minutes or until toasted and fragrant.
- ☐ Remove from oven; increase oven temperature to 42
- ☐ Unroll piecrust on a lightly floured surface.
- ☐ Cut piecrust into fourths. Divide apples among each fourth, placing in center. Pull corners together over apples, pinching edges to seal.
- ☐ Place on a lightly greased aluminum foil-lined baking sheet; brush with egg white, and sprinkle with sugar.
- ☐ Bake at 425 for 20 to 22 minutes or until golden.
- ☐ Serve apple bundles with caramel topping.
- ☐ Sprinkle with pecans.
- ☐ Note: We tested with Stouffer's Harvest Apples and Smucker's Caramel Flavored Topping.

Nutrition Facts



Properties

Glycemic Index:28.02, Glycemic Load:11.54, Inflammation Score:-4, Nutrition Score:12.788260905639%

Flavonoids

Cyanidin: 2.8mg, Cyanidin: 2.8mg, Cyanidin: 2.8mg, Cyanidin: 2.8mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.09mg, Catechin: 2.09mg, Catechin: 2.09mg, Catechin: 2.09mg Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg Epicatechin: 6.52mg, Epicatechin: 6.52mg, Epicatechin: 6.52mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg Luteolin: 0.1mg,

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 858.02kcal (42.9%), Fat: 37.72g (58.03%), Saturated Fat: 9.54g (59.62%), Carbohydrates: 125.8g (41.93%), Net Carbohydrates: 119.8g (43.56%), Sugar: 69.89g (77.66%), Cholesterol: 0mg (0%), Sodium: 738.25mg (32.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.87g (19.73%), Manganese: 1.16mg (57.83%), Vitamin B1: 0.4mg (26.47%), Fiber: 6.01g (24.03%), Folate: 81.97µg (20.49%), Iron: 3.22mg (17.9%), Phosphorus: 157.93mg (15.79%), Vitamin B3: 3.12mg (15.58%), Vitamin B2: 0.26mg (15.04%), Copper: 0.27mg (13.44%), Selenium: 9.26µg (13.22%), Magnesium: 41.76mg (10.44%), Vitamin K: 10.11µg (9.63%), Potassium: 318.58mg (9.1%), Calcium: 77.16mg (7.72%), Zinc: 1.13mg (7.55%), Vitamin B5: 0.75mg (7.49%), Vitamin B6: 0.12mg (5.85%), Vitamin E: 0.88mg (5.84%), Vitamin C: 4.49mg (5.44%), Vitamin B12: 0.16µg (2.66%), Vitamin A: 131.16IU (2.62%)