



Apple-Berry Pie Pops

READY IN



70 min.

SERVINGS



24

CALORIES



182 kcal

DESSERT

Ingredients

- ☐ 3 apples peeled cut into 1/4-inch pieces such as Golden Delicious and/or McIntosh
- ☐ 1 large eggs beaten
- ☐ 2 teaspoons flour for dusting all-purpose plus more
- ☐ 3 tablespoons granulated sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 pinch nutmeg freshly grated
- ☐ 0.5 cup raspberries
- ☐ 28 ounce pie dough refrigerated

- ☐ 24 servings sugar for sprinkling
- ☐ 1 tablespoon butter unsalted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ cookie cutter
- ☐ lollipop sticks

Directions

- ☐ Toss the apples, raspberries, granulated sugar and lemon juice in a large bowl. Melt the butter in a medium skillet over medium heat.
- ☐ Add the fruit mixture and cook, stirring occasionally, until the apples are soft and the raspberries break down, 8 to 10 minutes.
- ☐ Sprinkle in the flour, cinnamon and nutmeg and stir until the juices begin to thicken, about 1 minute; set aside to cool completely.
- ☐ Preheat the oven to 375 degrees F and line 2 baking sheets with parchment paper. Unroll the pie dough on a lightly floured surface.
- ☐ Cut out 2 1/2-inch rounds with a cookie cutter or glass (you should get about 48 rounds). Arrange half of the rounds on the prepared baking sheets; put a rounded teaspoonful of filling in the center of each.
- ☐ Brush the edges of the dough with water, then top with the remaining dough rounds, crimping the edges together with a fork to seal.
- ☐ Brush the pies with the beaten egg and sprinkle with turbinado sugar.
- ☐ Cut a small X in the center of each to allow steam to escape.
- ☐ Transfer to the oven and bake until golden, 22 to 24 minutes.
- ☐ Let cool slightly on the baking sheets, then insert a lollipop stick into each.

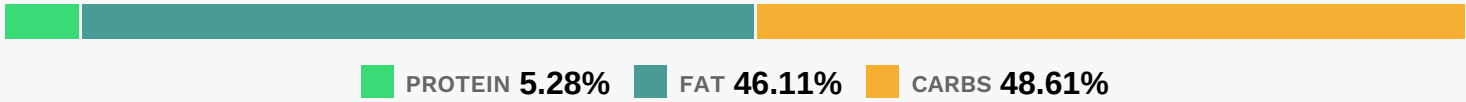
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 Let cool completely. Store in an airtight container up to 3 days.

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 Photograph by Charles Masters

Nutrition Facts



Properties

Glycemic Index:11.59, Glycemic Load:2.01, Inflammation Score:-1, Nutrition Score:3.0056521581567%

Flavonoids

Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 182.22kcal (9.11%), Fat: 9.37g (14.42%), Saturated Fat: 3.08g (19.26%), Carbohydrates: 22.23g (7.41%), Net Carbohydrates: 20.67g (7.52%), Sugar: 5g (5.56%), Cholesterol: 9mg (3%), Sodium: 138.61mg (6.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.83%), Manganese: 0.18mg (8.9%), Vitamin B1: 0.1mg (6.54%), Folate: 25.82µg (6.45%), Fiber: 1.56g (6.25%), Iron: 0.96mg (5.32%), Vitamin B3: 0.94mg (4.71%), Vitamin B2: 0.07mg (4.36%), Selenium: 2.6µg (3.72%), Phosphorus: 31.65mg (3.16%), Vitamin K: 3.16µg (3.01%), Vitamin C: 1.95mg (2.36%), Vitamin B5: 0.19mg (1.9%), Potassium: 64.59mg (1.85%), Copper: 0.04mg (1.79%), Magnesium: 7.09mg (1.77%), Vitamin E: 0.25mg (1.68%), Vitamin B6: 0.03mg (1.56%), Zinc: 0.2mg (1.33%), Calcium: 10.06mg (1.01%)