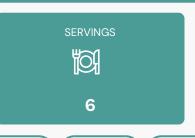


Apple-Cinnamon Pop Tarts







MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

2 tablespoons peach pie filling
2 medium apples such as pink lady or gala
7 tablespoons t brown sugar dark packed
1 large eggs
2 large egg yolk
2 cups flour all-purpose
1 tablespoon granulated sugar

0.5 teaspoon ground cinnamon

2 teaspoons juice of lemon freshly squeezed

П	2 teaspoons milk as needed plus more (not nonfat)	
H	0.8 cup powdered sugar sifted	
$\overline{\Box}$	2 pinches salt fine	
П	8 ounces butter unsalted cold cut into 1/2-inch cubes	
$\overline{\Box}$	1 teaspoon water	
Equipment		
	bowl	
	frying pan	
	baking sheet	
	baking paper	
	oven	
	knife	
	whisk	
	wire rack	
	blender	
	plastic wrap	
	spatula	
	rolling pin	
	peeler	
	pizza cutter	
	. .	
Dii	rections	
	Whisk the flour, sugar, cinnamon, and salt in a large bowl until combined.	
	Add the butter and toss with your fingers until well coated in the flour mixture. Using a pastry blender or your fingers, cut or rub the butter into the dry ingredients until reduced to peasize pieces.	
	Whisk the egg yolks and milk in a small bowl until combined.	

Add the egg-milk mixture to the flour mixture and mix with your hands until large clumpsform. Turn the mixture out onto a work surface and knead briefly, smearing the butter into the dough with the heel of your palm until the dough completely comes together, about 1 minute. Divide the dough into 2 equal portions and shape into 2 (6-by-5-inch) rectangles. Wrap tightly in plastic wrap and refrigerate for at least 1 hour. Meanwhile, make the filling. For the apple-cinnamon filling: Using a vegetable peeler or paring knife, peel the apples and discard the peel. Core the apples, then cut them into 1/4-inch-thick slices and again into 1/4-inch pieces.
Combine all the ingredients in a medium frying pan over medium heat. Cook, stirring, until the sugar has dissolved and the apple juices begin to release, about 5 minutes. Continue cooking until the apples just begin to soften, about 3 minutes more.
Heat the oven to 375°F. Line a baking sheet with parchment paper; set aside.Lightly dust a work surface with flour and roll 1 dough portion out into a rough 12-by-10-inch rectangle, rotating the dough and reflouring the surface and rolling pin often to prevent the dough from sticking. Using a pizza cutter or sharp knife, trim the dough to a 10-1/2-by-9-inch rectangle.
Cut that into 6 equal rectangles (each about 3 1/2 inches wide by 4 1/2 inches tall). Using a flat spatula, transfer the rectangles to the prepared baking sheet, leaving about 2 inches of space between each.
Place the baking sheet in the refrigerator.
Whisk the egg and water in a small bowl until evenly combined; set aside.
Roll out the second dough portion to the same dimensions as the first, trim, and cut into 6 rectangles. Using a fork, prick the dough all over.
Transfer 2 tablespoons of the cooled apple juices to a medium bowl and set aside for the glaze; set the remaining juices aside.
Remove the baking sheet from the refrigerator and brush a thin coating of the egg wash over each dough rectangle. Spoon about 1 heaping tablespoon of the apple filling onto each rectangle and spread it into an even layer, leaving a 3/4-inch border. Top each rectangle with 11/2 teaspoons of the remaining apple juices.
Place the pricked rectangles on top of the apple-covered rectangles. Press on the edges to adhere, and push down gently on the filling to slightly flatten. Using a fork dipped in flour, crimp the edges of the tarts.
Bake until golden brown, about 23 to 25 minutes.
Place all the ingredients in a small bowl and whisk until evenly combined. (You may need to add more milk by the 1/2 teaspoon if the glaze is too thick.)Set the wire rack with the tarts on

it over a baking sheet. Using a spoon, drizzle about 1 tablespoon of the glaze over each pastry.

Let set before eating, about 15 minutes.

Nutrition Facts

PROTEIN 4.4% FAT 48.67% CARBS 46.93%

Properties

Glycemic Index:36.68, Glycemic Load:26.64, Inflammation Score:-7, Nutrition Score:10.538695646369%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.0

Nutrients (% of daily need)

Calories: 610.36kcal (30.52%), Fat: 33.54g (51.59%), Saturated Fat: 20.33g (127.08%), Carbohydrates: 72.76g (24.25%), Net Carbohydrates: 70.04g (25.47%), Sugar: 37.56g (41.73%), Cholesterol: 173.67mg (57.89%), Sodium: 156.61mg (6.81%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 6.82g (13.65%), Selenium: 20.56µg (29.37%), Vitamin B1: 0.35mg (23.64%), Folate: 91.88µg (22.97%), Vitamin A: 1108.55IU (22.17%), Vitamin B2: 0.31mg (18.17%), Manganese: 0.35mg (17.65%), Iron: 2.45mg (13.63%), Vitamin B3: 2.56mg (12.81%), Fiber: 2.72g (10.9%), Phosphorus: 102.17mg (10.22%), Vitamin E: 1.25mg (8.36%), Vitamin D: 1.06µg (7.05%), Vitamin B5: 0.59mg (5.88%), Copper: 0.1mg (5.22%), Calcium: 46.85mg (4.69%), Potassium: 162.38mg (4.64%), Vitamin B6: 0.09mg (4.35%), Vitamin B12: 0.26µg (4.3%), Vitamin C: 3.53mg (4.27%), Zinc: 0.61mg (4.05%), Vitamin K: 4.25µg (4.05%), Magnesium: 16.01mg (4%)