



Apple-Cinnamon Pop Tarts

READY IN



140 min.

SERVINGS



6

CALORIES



610 kcal

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

- 2 teaspoons milk as needed plus more (not nonfat)
- 0.8 cup powdered sugar sifted
- 2 pinches salt fine
- 8 ounces butter unsalted cold cut into 1/2-inch cubes
- 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

Directions

- 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 pea-size 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 clumps form. 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 1 1/2 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: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

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: 0g (100%), Alcohol %: 0% (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%), Vitamin K: 4.25µg (4.05%), Zinc: 0.61mg (4.05%), Magnesium: 16.01mg (4%)