



Apple Dumpling Pie

 Vegetarian

READY IN



30 min.

SERVINGS



10

CALORIES



320 kcal

DESSERT

Ingredients

- ☐ 3 pounds apples cored peeled sliced (7)
- ☐ 0.7 cup calvados (or other apple brandy)
- ☐ 2 teaspoons cinnamon
- ☐ 1 tablespoon cornstarch
- ☐ 10 servings puff pastry homemade store-bought for double-crust pie (or
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 cup golden raisins
- ☐ 2 tablespoons cup heavy whipping cream

- ☐ 0.8 cup brown sugar light packed
- ☐ 1 pinch salt
- ☐ 2 tablespoons sugar
- ☐ 4 tablespoons butter unsalted
- ☐ 0.8 cup walnut halves

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil

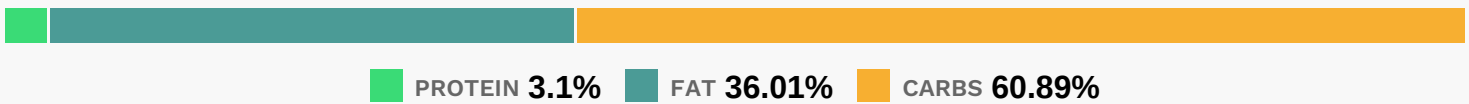
Directions

- ☐ Place a rack in bottom third of oven and preheat to 400F. Mist a 9-inch pie plate with cooking spray and line a large, rimmed baking sheet with foil.
- ☐ Place apples in a large bowl. In a smaller bowl, combine flour, cornstarch, salt, cinnamon and 1 Tbsp. sugar; sprinkle over apples and toss to coat slices evenly.
- ☐ Melt butter in a large skillet over medium-high heat. When foaming subsides and butter turns light golden, add brown sugar and walnuts. Cook, stirring constantly, until sugar melts and walnuts are lightly toasted, 3 to 4 minutes. (Be careful: The mixture can burn easily.)
- ☐ Add raisins and stir to coat.
- ☐ Pour in calvados; it will bubble and spatter. Reduce heat to medium and cook, stirring constantly, until mixture becomes syrupy, 2 to 3 minutes.
- ☐ Pour mixture over apples and toss to coat.
- ☐ Roll out half of dough into a 12-inch circle; press into pie plate. Spoon apple mixture into crust, mounding in center.
- ☐ Roll remaining dough into another 12-inch circle.

- ☐
- Brush edge of bottom crust with water; gently place top crust over apples. Trim and crimp edges decoratively to seal.

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Nutrition Facts



Properties

Glycemic Index:32.98, Glycemic Load:10.32, Inflammation Score:-4, Nutrition Score:5.6991304308176%

Flavonoids

Cyanidin: 2.37mg, Cyanidin: 2.37mg, Cyanidin: 2.37mg, Cyanidin: 2.37mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 10.25mg, Epicatechin: 10.25mg, Epicatechin: 10.25mg, Epicatechin: 10.25mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg

Nutrients (% of daily need)

Calories: 319.73kcal (15.99%), Fat: 12.02g (18.49%), Saturated Fat: 4.25g (26.57%), Carbohydrates: 45.71g (15.24%), Net Carbohydrates: 41.37g (15.04%), Sugar: 35.76g (39.73%), Cholesterol: 15.43mg (5.14%), Sodium: 14.87mg (0.65%), Alcohol: 5.34g (100%), Alcohol %: 3.43% (100%), Protein: 2.33g (4.66%), Manganese: 0.47mg (23.32%), Fiber: 4.34g (17.37%), Copper: 0.21mg (10.62%), Vitamin C: 6.56mg (7.95%), Potassium: 251.63mg (7.19%), Vitamin B6: 0.13mg (6.43%), Magnesium: 25.09mg (6.27%), Phosphorus: 58.66mg (5.87%), Vitamin A: 260.47IU (5.21%), Vitamin B1: 0.08mg (5.13%), Vitamin B2: 0.08mg (4.74%), Folate: 18.2µg (4.55%), Iron: 0.8mg (4.45%), Calcium: 40.83mg (4.08%), Vitamin K: 4.18µg (3.98%), Vitamin E: 0.49mg (3.24%), Selenium: 1.86µg (2.66%), Zinc: 0.39mg (2.62%), Vitamin B3: 0.48mg (2.41%), Vitamin B5: 0.19mg (1.87%)