



## Apple Dumplings

 Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



812 kcal

SIDE DISH

## Ingredients

- ☐ 2 cups flour whole wheat all-purpose
- ☐ 1 teaspoon salt
- ☐ 0.7 cup butter cold
- ☐ 4 tablespoons water cold
- ☐ 6 apples (such as Braeburn, Granny Smith or Rome)
- ☐ 3 tablespoons raisins
- ☐ 3 tablespoons nuts chopped
- ☐ 2.5 cups brown sugar packed

☐ 1.3 cups water

## Equipment

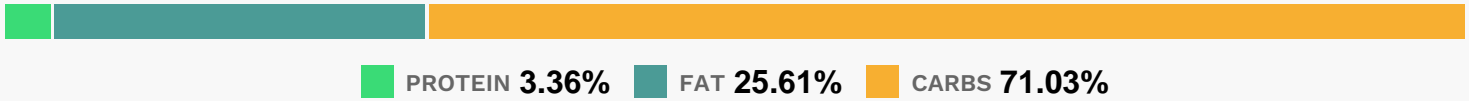
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ rolling pin
- ☐ cutting board
- ☐ apple corer
- ☐ glass baking pan

## Directions

- ☐ Heat the oven to 425°F. In a large bowl, mix the flour and salt.
- ☐ Cut in the butter, using a pastry blender or fork, until particles are the size of small peas.
- ☐ Sprinkle with the cold water, 1 tablespoon at a time, mixing well with fork until all flour is moistened. Gather the dough together, and press it into a 6x4-inch rectangle.
- ☐ Lightly sprinkle flour over a cutting board or countertop.
- ☐ Cut off 1/3 of the dough with a knife; set aside. On the floured surface, place 2/3 of the dough. Flatten dough evenly, using hands or a rolling pin, into a 14-inch square; cut into 4 squares. Flatten the remaining 1/3 of the dough into a 14x7-inch rectangle; cut into 2 squares. You will have 6 squares of dough.
- ☐ Remove the stem end from each apple.
- ☐ Place the apple on a cutting board. Using a paring knife, cut around the core by pushing the knife straight down to the bottom of the apple and pull up. Move the knife and make the next cut. Repeat until you have cut around the apple core. Push the core from the apple. (Or remove the cores with an apple corer.) Peel the apples with a paring knife.
- ☐ Place 1 apple on the center of each square of dough. In a small bowl, mix the raisins and nuts. Fill the center of each apple with raisin mixture. Moisten the corners of each square with small

- amount of water; bring 2 opposite corners of dough up over apple and press corners together. Fold in sides of remaining corners; bring corners up over apple and press together.
- ☐ Place dumplings in a 13x9-inch (3-quart) glass baking dish.
  - ☐ In a 2-quart saucepan, heat the brown sugar and 1 1/3 cups water to boiling over high heat, stirring frequently. Carefully pour the sugar syrup around the dumplings.
  - ☐ Bake about 40 minutes, spooning syrup over apples 2 or 3 times, until crust is browned and apples are tender when pierced with a fork.
  - ☐ Serve warm or cooled with syrup from pan.

## Nutrition Facts



## Properties

Glycemic Index:20.08, Glycemic Load:10.04, Inflammation Score:-8, Nutrition Score:16.991739144792%

## Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

## Nutrients (% of daily need)

Calories: 812.22kcal (40.61%), Fat: 24.23g (37.27%), Saturated Fat: 4.79g (29.96%), Carbohydrates: 151.21g (50.4%), Net Carbohydrates: 141.6g (51.49%), Sugar: 108.01g (120.01%), Cholesterol: 0mg (0%), Sodium: 659.54mg (28.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.15g (14.3%), Manganese: 1.87mg (93.35%), Fiber: 9.61g (38.43%), Selenium: 25.87µg (36.95%), Magnesium: 87.04mg (21.76%), Vitamin A: 1004.83IU (20.1%), Phosphorus: 199.66mg (19.97%), Copper: 0.35mg (17.66%), Vitamin B1: 0.25mg (16.84%), Potassium: 564.26mg (16.12%), Vitamin B6: 0.31mg (15.31%), Iron: 2.69mg (14.95%), Vitamin B3: 2.57mg (12.87%), Calcium: 115.89mg (11.59%), Vitamin C: 8.85mg (10.72%), Vitamin E: 1.39mg (9.29%), Zinc: 1.35mg (9.01%), Vitamin B2: 0.15mg (8.61%), Folate: 26.95µg (6.74%), Vitamin B5: 0.56mg (5.58%), Vitamin K: 4.76µg (4.54%)