



Apple Dumplings II

 Vegetarian

READY IN



125 min.

SERVINGS



10

CALORIES



271 kcal

SIDE DISH

Ingredients

- 7 apples cored peeled chopped
- 0.5 cup brown sugar
- 0.3 cup butter
- 1 egg white beaten
- 2.5 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 1 pinch salt
- 4 tablespoons water cold

1.5 tablespoons sugar white

Equipment

food processor

bowl

oven

plastic wrap

baking pan

Directions

Preheat oven to 375 degrees F (190 degrees C). Grease a 9x13 inch baking dish.

Combine flour and salt in food processor, then add 3/4 cup of butter and process until blended.

Add water 1 tablespoon at a time pulsing only until dough forms a ball. Wrap the dough in plastic wrap and chill for 30 minutes, or up to 1 day if time allows.

To Make Filling: In a large bowl, cream together remaining 1/4 cup butter and brown sugar. Stir in chopped apples.

Roll out dough into a rectangle approximately 12x18 inches in size.

Spread filling onto dough, then roll dough up starting at longest side.

Cut into 2 inch pieces and place each dumpling into baking dish.

Brush top of dough with egg white and sprinkle with sugar.

Bake in preheated oven for 30 to 40 minutes, or until dough is brown.

Let set for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:23.21, Glycemic Load:23.16, Inflammation Score:-4, Nutrition Score:6.8121739191853%

Flavonoids

Cyanidin: 2mg, Cyanidin: 2mg, Cyanidin: 2mg, Cyanidin: 2mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 9.59mg, Epicatechin: 9.59mg, Epicatechin: 9.59mg, Epicatechin: 9.59mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

Nutrients (% of daily need)

Calories: 271.22kcal (13.56%), Fat: 5.14g (7.9%), Saturated Fat: 3g (18.76%), Carbohydrates: 54.12g (18.04%), Net Carbohydrates: 50.16g (18.24%), Sugar: 25.83g (28.7%), Cholesterol: 12.2mg (4.07%), Sodium: 50.65mg (2.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.9%), Vitamin B1: 0.27mg (17.83%), Selenium: 11.4µg (16.28%), Fiber: 3.95g (15.82%), Folate: 61.42µg (15.35%), Manganese: 0.28mg (14.13%), Vitamin B2: 0.2mg (11.94%), Vitamin B3: 1.98mg (9.9%), Iron: 1.69mg (9.41%), Vitamin C: 5.86mg (7.11%), Potassium: 191.11mg (5.46%), Phosphorus: 50.08mg (5.01%), Copper: 0.09mg (4.33%), Vitamin A: 210.91IU (4.22%), Magnesium: 14.8mg (3.7%), Vitamin B6: 0.07mg (3.55%), Vitamin K: 3.33µg (3.17%), Vitamin E: 0.38mg (2.55%), Calcium: 24.24mg (2.42%), Vitamin B5: 0.24mg (2.41%), Zinc: 0.28mg (1.88%)