



## Apple Dumplings II

READY IN



55 min.

SERVINGS



6

CALORIES



583 kcal

SIDE DISH

### Ingredients

- 6 apples cored peeled
- 2 teaspoons double-acting baking powder
- 6 tablespoons butter
- 2 cups flour all-purpose sifted
- 1 tablespoon ground cinnamon
- 2 teaspoons ground nutmeg
- 0.5 cup milk
- 6 drops food coloring red
- 1 teaspoon salt

- 0.7 cup shortening
- 1.5 cups water
- 6 teaspoons sugar white

## Equipment

- bowl
- baking sheet
- sauce pan
- oven
- blender

## Directions

- Preheat oven to 375 degrees F (190 degrees C).
- In a medium saucepan over medium heat, combine 1 1/2 cups sugar, water, 1/4 teaspoon cinnamon, 1/8 teaspoon nutmeg and food coloring. Bring to a boil, remove from heat and stir in 3 tablespoons butter. Set aside.
- In a large bowl, combine flour, baking powder and salt.
- Cut in shortening, using knives or pastry blender, until mixture resembles coarse crumbs.
- Pour in milk, all at once, and stir to form a dough. On a floured surface, roll dough into a 1/4 inch thick, 12x18 rectangle.
- Cut into 6 - 6 inch squares.
- Place a whole, peeled and cored apple in the center of each pastry square. Dust each apple with a mixture of the of sugar, cinnamon and nutmeg. Dot with a tablespoon of butter. Moisten the edges of the pastry square, bring the corners together at the top of the apple, and press edges together to seal.
- Place dumplings 1 inch apart on a baking sheet.
- Pour the syrup over the dumplings and sprinkle with additional sugar, if desired.
- Bake in preheated oven for 35 minutes, until apples are tender.

## Nutrition Facts



■ PROTEIN 3.78% ■ FAT 53.74% ■ CARBS 42.48%

## Properties

Glycemic Index:72.02, Glycemic Load:33.29, Inflammation Score:-6, Nutrition Score:12.256521857303%

## 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: 583.14kcal (29.16%), Fat: 35.77g (55.03%), Saturated Fat: 13.56g (84.76%), Carbohydrates: 63.63g (21.21%), Net Carbohydrates: 57.28g (20.83%), Sugar: 24.24g (26.93%), Cholesterol: 32.54mg (10.85%), Sodium: 633.46mg (27.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.66g (11.31%), Manganese: 0.6mg (30.11%), Fiber: 6.34g (25.37%), Vitamin B1: 0.38mg (25.15%), Selenium: 14.73µg (21.04%), Folate: 82.72µg (20.68%), Vitamin B2: 0.29mg (16.92%), Vitamin K: 17.7µg (16.86%), Vitamin E: 2.11mg (14.1%), Calcium: 140.76mg (14.08%), Iron: 2.45mg (13.63%), Vitamin B3: 2.68mg (13.4%), Phosphorus: 120.4mg (12.04%), Vitamin C: 8.44mg (10.23%), Vitamin A: 485.69IU (9.71%), Potassium: 281.69mg (8.05%), Copper: 0.13mg (6.54%), Magnesium: 23.97mg (5.99%), Vitamin B6: 0.11mg (5.46%), Vitamin B5: 0.54mg (5.44%), Zinc: 0.51mg (3.38%), Vitamin B12: 0.13µg (2.23%), Vitamin D: 0.22µg (1.49%)