



 1%  
HEALTH SCORE

## Apple Dumplings In Fanta Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



456 kcal

SAUCE

### Ingredients

- 800 g puff pastry
- 2 apples
- 0.5 juice of lemon freshly squeezed
- 2 cups optional: lemon (or Orange)
- 1 cup sugar
- 250 grams butter
- 0.5 teaspoon lemon extract
- 0.5 teaspoon cinnamon

## Equipment

- frying pan
- baking paper
- oven
- knife
- baking pan

## Directions

- Preheat oven to 400 F (about 200 C).
- Peel and core the apples and cut into crescents firstly cut each apple into 4 pieces and then cut each of those into 2 pieces.
- Sprinkle with lemon juice.
- Cut with a sharp knife the puff pastry into equal squares (each crust into 4), and afterwards into triangles - 8 triangles from each crust.
- Put a crescent of apple into a puff pastry triangle.
- Roll up to the top.
- In a different pan melt butter, add sugar and essence and stir well.
- Arrange dumplings in a baking pan, close enough to each other, and pour plenty of melted butter and sugar on each of them.
- Pour upon with Fanta.
- Sprinkle with grounded cinnamon (optional).
- Bake into preheated to 400 F (about 200 C) oven for about 30 minutes, as after the first 15-20 minutes may cover with baking paper, so the dumplings would not burn.

## Nutrition Facts



**PROTEIN 3.55%** **FAT 61.52%** **CARBS 34.93%**

## Properties

Glycemic Index:14.91, Glycemic Load:22.21, Inflammation Score:-4, Nutrition Score:6.7252173913043%

## Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 5.71mg, Eriodictyol: 5.71mg, Eriodictyol: 5.71mg, Eriodictyol: 5.71mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

## Nutrients (% of daily need)

Calories: 455.53kcal (22.78%), Fat: 31.88g (49.05%), Saturated Fat: 12.87g (80.44%), Carbohydrates: 40.73g (13.58%), Net Carbohydrates: 38.66g (14.06%), Sugar: 15.91g (17.68%), Cholesterol: 33.59mg (11.2%), Sodium: 225.87mg (9.82%), Protein: 4.14g (8.28%), Vitamin C: 15.46mg (18.74%), Selenium: 12.44µg (17.77%), Vitamin B1: 0.21mg (14.3%), Manganese: 0.27mg (13.57%), Folate: 43.26µg (10.81%), Vitamin B3: 2.14mg (10.7%), Vitamin B2: 0.16mg (9.45%), Vitamin K: 9.66µg (9.2%), Fiber: 2.07g (8.3%), Iron: 1.48mg (8.23%), Vitamin A: 409.32IU (8.19%), Vitamin E: 0.72mg (4.77%), Phosphorus: 40.61mg (4.06%), Copper: 0.07mg (3.71%), Magnesium: 11.66mg (2.92%), Potassium: 96.65mg (2.76%), Vitamin B6: 0.04mg (2.1%), Zinc: 0.31mg (2.05%), Calcium: 17.81mg (1.78%)