



Apple Dumplings with Rich Cinnamon Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



498 kcal

SIDE DISH

Ingredients

- ☐ 5 tablespoons butter softened
- ☐ 2 teaspoons cornstarch
- ☐ 1 cup brown sugar dark packed
- ☐ 1 egg white
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 cup pecans toasted chopped
- ☐ 15 ounce pie crusts
- ☐ 4 apples red cored peeled halved thin (any variety but Delicious)
- ☐ 2 tablespoons sugar

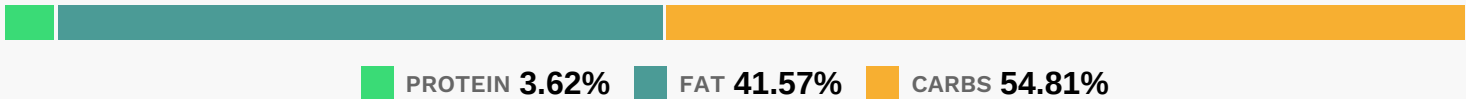
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Adjust oven rack to lower-middle position and heat oven to 425 degrees.
- ☐ Mix 3 Tbs. of butter, 1/2 cup of brown sugar, 1 tsp. cinnamon and all the nuts in a small bowl. Spoon a portion of the mixture into each hollowed-out apple core.
- ☐ For boxed pie crusts, unroll one of the dough sheets onto a floured work surface. Pulling on sides of dough to straighten rounded edges, roll it into an approximate 12-inch square, then cut the dough into four 6-inch squares; brush the perimeter of each square with egg white. Set an apple half on each square. Bring up the 4 corners of dough around the apple and pinch edges to seal.
- ☐ Place on a large (at least 18- by 12-inch) parchment-covered baking dish.
- ☐ Brush dumpling tops and sides with egg white; sprinkle with sugar. Repeat process with remaining apples and dough.
- ☐ Bake dumplings until pastry sets and starts to turn golden brown, about 10 minutes. Reduce heat to 375 and bake until golden brown, about 20 minutes longer.
- ☐ While apples bake, bring 1 cup water, the remaining 2 Tbs. butter, 1/2 cup brown sugar and 1 tsp. cinnamon to boil in a small saucepan over medium heat. Dissolve cornstarch in 2 tsps. water; whisk into hot syrup for a smooth sauce. Cover, keep warm.
- ☐ For each serving, spoon a portion of sauce on a dessert plate. Set apple dumpling over warm sauce; serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.14, Glycemic Load:5.47, Inflammation Score:-4, Nutrition Score:6.9126088023186%

Flavonoids

Cyanidin: 1.53mg, Cyanidin: 1.53mg, Cyanidin: 1.53mg, Cyanidin: 1.53mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 498.03kcal (24.9%), Fat: 23.51g (36.18%), Saturated Fat: 9.09g (56.79%), Carbohydrates: 69.76g (23.25%), Net Carbohydrates: 65.73g (23.9%), Sugar: 39.27g (43.63%), Cholesterol: 18.81mg (6.27%), Sodium: 288.7mg (12.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.21%), Manganese: 0.5mg (24.87%), Fiber: 4.03g (16.11%), Vitamin B1: 0.17mg (11.65%), Folate: 44.24µg (11.06%), Iron: 1.84mg (10.24%), Vitamin B2: 0.14mg (8.22%), Vitamin B3: 1.6mg (8.02%), Copper: 0.14mg (6.93%), Phosphorus: 65.08mg (6.51%), Vitamin K: 6.75µg (6.43%), Selenium: 4.42µg (6.32%), Potassium: 212.07mg (6.06%), Magnesium: 21.68mg (5.42%), Vitamin A: 270.54IU (5.41%), Vitamin C: 4.25mg (5.15%), Calcium: 49.38mg (4.94%), Vitamin B6: 0.1mg (4.8%), Vitamin E: 0.65mg (4.32%), Vitamin B5: 0.35mg (3.46%), Zinc: 0.42mg (2.77%)