

Apple Fried Pies

READY IN



110 min.

SERVINGS



8

CALORIES



332 kcal

DESSERT

Ingredients

- ☐ 4 mcintosh apples cored peeled sliced
- ☐ 1 container flaky biscuit dough refrigerated (8-piece)
- ☐ 2 tablespoons butter
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 teaspoon juice of lemon
- ☐ 0.5 cup sugar

Equipment

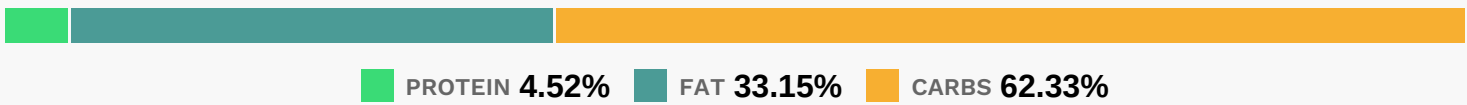
- ☐ frying pan

- ☐ paper towels
- ☐ pot
- ☐ deep fryer

Directions

- ☐ Add the butter to a large saute pan and melt.
- ☐ Add the apples, sugar, cinnamon, and lemon juice and cook over medium heat until the apples are soft, about 15 minutes.
- ☐ Remove from the heat and cool.
- ☐ When the filling is cool, roll the biscuits out on a lightly floured surface so that each biscuit forms a 7 to 8-inch circle.
- ☐ Place 2 to 3 tablespoons of the filling on 1/2 of each circle.
- ☐ Brush the edges of the circle with water. Fold the circle over the filling to make a half-moon shapes. Seal by pressing the edges with the tines of a fork.
- ☐ Heat a deep fryer or a deep pot halfway filled with oil to 350 degrees F.
- ☐ Carefully add the pies to the oil, 1 at a time, and fry until golden brown, turning the pies as necessary for even browning, about 5 to 8 minutes.
- ☐ Drain on paper towels.
- ☐ Sprinkle with powdered sugar immediately.

Nutrition Facts



Properties

Glycemic Index:27.76, Glycemic Load:29.77, Inflammation Score:-3, Nutrition Score:7.6030434525531%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg 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 Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg 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: 331.77kcal (16.59%), Fat: 12.56g (19.33%), Saturated Fat: 3.26g (20.39%), Carbohydrates: 53.16g (17.72%), Net Carbohydrates: 50.16g (18.24%), Sugar: 23.97g (26.63%), Cholesterol: 8.1mg (2.7%), Sodium: 567.56mg (24.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.71%), Phosphorus: 259.3mg (25.93%), Vitamin B1: 0.26mg (17.49%), Selenium: 10.97µg (15.67%), Manganese: 0.28mg (14.03%), Fiber: 3g (12.01%), Vitamin B2: 0.2mg (11.53%), Iron: 2.03mg (11.29%), Folate: 43.39µg (10.85%), Vitamin B3: 2.02mg (10.11%), Vitamin E: 1.01mg (6.74%), Potassium: 229mg (6.54%), Vitamin C: 4.43mg (5.37%), Vitamin K: 4.65µg (4.43%), Copper: 0.07mg (3.7%), Magnesium: 14.55mg (3.64%), Calcium: 36.01mg (3.6%), Vitamin B6: 0.06mg (3.25%), Vitamin A: 138.17IU (2.76%), Vitamin B5: 0.23mg (2.34%), Zinc: 0.32mg (2.14%), Vitamin B12: 0.09µg (1.45%)