

Apple Hand Pies

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



475 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 apples diced cored peeled
- ☐ 0.5 teaspoon cinnamon
- ☐ 2 cups flour all-purpose
- ☐ 1 cup cooking oil
- ☐ 6 servings powdered sugar
- ☐ 1 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 0.3 cup sugar

☐ 0.5 cup water cold

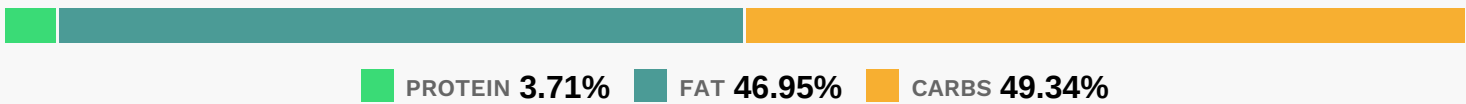
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ cookie cutter

Directions

- ☐ Stir together apples, sugar, and cinnamon. Cook over low heat for 8 to 10 minutes, until apples are tender. Set aside.
- ☐ Combine flour and salt; cut in shortening with a fork. Stir in water to a dough consistency.
- ☐ Roll out dough 1/8-inch thick on a floured surface.
- ☐ Cut out with a 4-inch round cookie cutter; place one tablespoon apple mixture in center of each circle.
- ☐ Sprinkle edges with water; fold circles in half. Seal edges with a fork; set aside.
- ☐ Heat oil in a skillet over medium-high heat. Fry pies, a few at a time, for 2 to 3 minutes on each side, until golden.
- ☐ Drain on paper towels; sprinkle with powdered sugar while still warm.

Nutrition Facts



Properties

Glycemic Index:30.35, Glycemic Load:32.98, Inflammation Score:-4, Nutrition Score:8.1591304670209%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 474.54kcal (23.73%), Fat: 25.1g (38.61%), Saturated Fat: 4.9g (30.64%), Carbohydrates: 59.35g (19.78%), Net Carbohydrates: 56.68g (20.61%), Sugar: 25.34g (28.15%), Cholesterol: 0mg (0%), Sodium: 390.98mg (17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.94%), Vitamin B1: 0.34mg (22.72%), Selenium: 14.25µg (20.35%), Folate: 78.08µg (19.52%), Manganese: 0.34mg (16.81%), Vitamin E: 2.49mg (16.61%), Vitamin K: 15.92µg (15.17%), Vitamin B2: 0.23mg (13.25%), Vitamin B3: 2.52mg (12.59%), Iron: 2.05mg (11.36%), Fiber: 2.67g (10.68%), Phosphorus: 51.78mg (5.18%), Copper: 0.08mg (4.09%), Vitamin C: 2.8mg (3.39%), Vitamin B5: 0.34mg (3.36%), Potassium: 110.68mg (3.16%), Magnesium: 12.51mg (3.13%), Vitamin B6: 0.04mg (2.18%), Zinc: 0.32mg (2.16%), Calcium: 12.75mg (1.28%)