



Apple Pie Pops

 Popular

READY IN



50 min.

SERVINGS



6

CALORIES



200 kcal

DESSERT

Ingredients

- ☐ 1.5 cups apples peeled thinly sliced ()
- ☐ 1 tablespoon butter
- ☐ 0.3 cup mrs richardson's butterscotch caramel sauce
- ☐ 8 celery stalks with round ends)
- ☐ 1 egg whites beaten
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 1 teaspoon juice of lemon
- ☐ 1.5 teaspoons milk

- ☐ 2 tablespoons powdered sugar
- ☐ 1 pie crust dough refrigerated softened
- ☐ 1 teaspoon sugar

Equipment

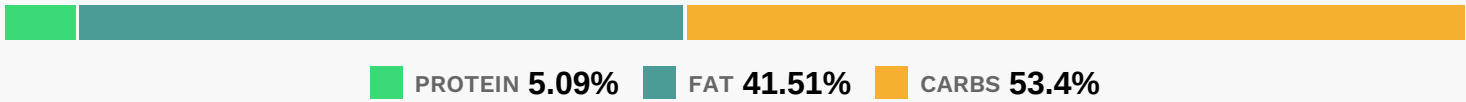
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ cutting board

Directions

- ☐ In 8-inch skillet, melt butter over medium heat.
- ☐ Add apples and lemon juice; cook, stirring occasionally, until apples are almost tender. Stir in 1/4 cup caramel topping; continue cooking until sauce is thick and coats apples. Set aside.
- ☐ Meanwhile, heat oven to 400F. Unroll pie crust onto cutting board. Using 3-inch round cutter, cut out 12 rounds.
- ☐ Place 6 rounds on ungreased cookie sheet. Spoon fruit mixture evenly onto each round to within 1/2 inch of edge.
- ☐ Place 1 craft stick in each filling from center to edge of round.
- ☐ Flatten remaining rounds until 4 inches in diameter.
- ☐ Brush underside of each round with egg white; place over fruit. Press edges together; seal with fork.
- ☐ Cut small slit in top crusts to vent steam.
- ☐ Brush tops with remaining egg white. In another small bowl, mix 1 teaspoon sugar and the cinnamon; sprinkle over tops.
- ☐ Bake 12 to 15 minutes or until crust is golden brown.
- ☐ Remove from cookie sheet to cooling rack; cool at least 10 minutes before serving. In small bowl, mix Glaze ingredients until smooth.

Drizzle glaze over pops.

Nutrition Facts



Properties

Glycemic Index:29.52, Glycemic Load:1.65, Inflammation Score:-2, Nutrition Score:3.0552174254604%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 200.17kcal (10.01%), Fat: 9.38g (14.43%), Saturated Fat: 2.74g (17.1%), Carbohydrates: 27.15g (9.05%), Net Carbohydrates: 25.58g (9.3%), Sugar: 12.08g (13.42%), Cholesterol: 0.15mg (0.05%), Sodium: 183.42mg (7.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.18%), Manganese: 0.15mg (7.72%), Fiber: 1.57g (6.27%), Folate: 23.27µg (5.82%), Vitamin B1: 0.09mg (5.71%), Vitamin B2: 0.08mg (4.98%), Iron: 0.79mg (4.42%), Vitamin K: 4.34µg (4.13%), Vitamin B3: 0.82mg (4.09%), Selenium: 2.8µg (4.01%), Phosphorus: 31.43mg (3.14%), Vitamin A: 135.24IU (2.7%), Potassium: 93.11mg (2.66%), Vitamin C: 1.98mg (2.4%), Magnesium: 7.72mg (1.93%), Vitamin E: 0.28mg (1.87%), Vitamin B5: 0.18mg (1.79%), Calcium: 17.09mg (1.71%), Copper: 0.03mg (1.66%), Vitamin B6: 0.03mg (1.63%), Zinc: 0.16mg (1.03%)