



Apple Roll-Ups

READY IN



30 min.

SERVINGS



12

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter melted
- 1 teaspoon cornstarch
- 12 7-inch egg roll wrappers (square)
- 3 granny smith apples cored peeled chopped
- 0.8 teaspoon ground cinnamon
- 2 tablespoons milk
- 2 teaspoons water
- 1 tablespoon sugar white

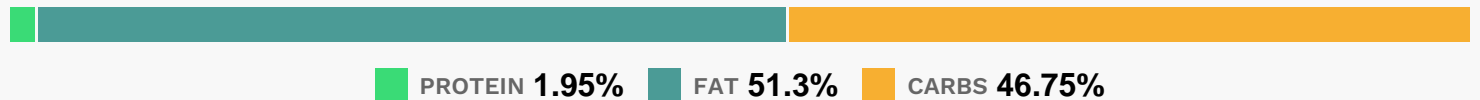
Equipment

- baking sheet
- oven
- mixing bowl

Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease cookie sheet.
- In a medium-size mixing bowl, toss together the apples, cinnamon and sugar. On a clean dry surface, lay out egg roll wrappers.
- Brush each one lightly with butter to within 1/2 inch of the sides. spread about 1/4 cup of the apple mixture onto the buttered area.
- Combine the cornstarch and water, brush top edge with the mixture. Fold the wrapper around the filling, and roll up to seal.
- Place onto the prepared cookie sheet, seam side down.
- Brush the tops with milk and sprinkle with sugar.
- Bake for 15 to 18 minutes in the preheated oven, until golden and crisp.

Nutrition Facts



Properties

Glycemic Index:16.26, Glycemic Load:2.41, Inflammation Score:-1, Nutrition Score:1.1569565236568%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 66.77kcal (3.34%), Fat: 4.01g (6.17%), Saturated Fat: 2.49g (15.58%), Carbohydrates: 8.23g (2.74%), Net Carbohydrates: 7.05g (2.56%), Sugar: 5.86g (6.51%), Cholesterol: 10.56mg (3.52%), Sodium: 37.61mg (1.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.69%), Fiber: 1.18g (4.71%), Vitamin A: 147.31IU (2.95%), Vitamin C: 2.1mg (2.54%), Manganese: 0.04mg (2.22%), Potassium: 54.95mg (1.57%), Vitamin E: 0.2mg (1.31%), Vitamin K: 1.38µg (1.31%), Vitamin B2: 0.02mg (1.23%), Vitamin B6: 0.02mg (1.04%)