

## Apple Toffee Hand Pies

READY IN



50 min.

SERVINGS



12

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 cups apples finely chopped
- 1 eggs slightly beaten
- 0.5 teaspoon ground cinnamon
- 1.5 teaspoons juice of lemon fresh
- 1 box pie crust dough refrigerated softened
- 1 tablespoon sugar
- 2 tablespoons toffee chips
- 1 tablespoon butter unsalted cut into 12 cubes

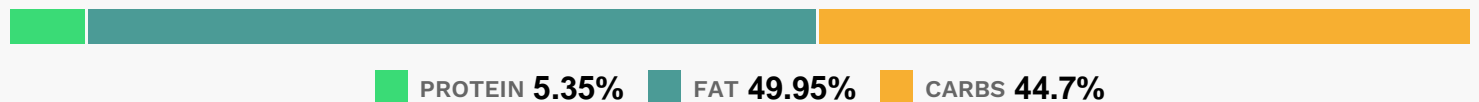
## Equipment

- bowl
- baking sheet
- oven
- cookie cutter

## Directions

- Heat oven to 375F. Spray cookie sheet with cooking spray.
- In medium bowl, stir together apples, toffee bits, sugar, lemon juice and cinnamon.
- Remove pie crusts from pouches; unroll on lightly floured surface. Using 3-inch round cookie cutter, cut 12 rounds from each crust. On cookie sheet, place 12 of the dough rounds.
- Brush dough with half of the beaten egg. Spoon about 1 tablespoon apple mixture on each round to within 1/2 inch of edge; top each with 1 cube of butter. Top pies with remaining 12 dough rounds; press edges together with fork to seal.
- Brush with remaining beaten egg.
- Bake 25 minutes or until golden brown.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:13.17, Glycemic Load:2.27, Inflammation Score:-1, Nutrition Score:3.0565217526063%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg 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, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

## **Nutrients (% of daily need)**

Calories: 194.77kcal (9.74%), Fat: 10.83g (16.67%), Saturated Fat: 3.95g (24.67%), Carbohydrates: 21.81g (7.27%), Net Carbohydrates: 20.43g (7.43%), Sugar: 4.76g (5.29%), Cholesterol: 18.71mg (6.24%), Sodium: 145.23mg (6.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.22%), Manganese: 0.17mg (8.52%), Folate: 25.9µg (6.47%), Vitamin B1: 0.1mg (6.47%), Fiber: 1.38g (5.52%), Iron: 0.96mg (5.36%), Vitamin B2: 0.08mg (4.78%), Vitamin B3: 0.92mg (4.62%), Selenium: 3.07µg (4.38%), Phosphorus: 34.72mg (3.47%), Vitamin K: 3.08µg (2.93%), Vitamin B5: 0.21mg (2.1%), Vitamin E: 0.28mg (1.88%), Vitamin A: 89.21IU (1.78%), Potassium: 62.24mg (1.78%), Copper: 0.03mg (1.7%), Magnesium: 6.69mg (1.67%), Vitamin B6: 0.03mg (1.61%), Vitamin C: 1.21mg (1.46%), Zinc: 0.21mg (1.41%), Calcium: 11.64mg (1.16%)