



Apple-Toffee Hand Pies

READY IN



55 min.

SERVINGS



12

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups rome apple finely chopped
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 14.1 ounce pie dough refrigerated (such as Pillsbury)
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons toffee chips
- ☐ 1 tablespoon butter unsalted cut into 12 cubes

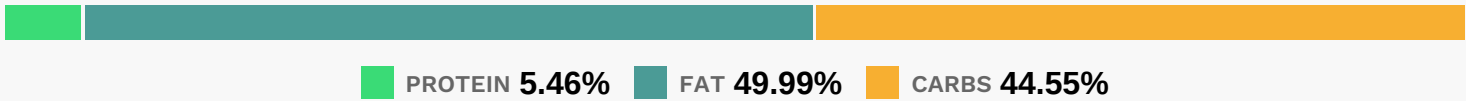
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ cookie cutter

Directions

- ☐ Preheat oven to 37
- ☐ Combine apple, toffee chips, sugar, lemon juice, and cinnamon in a medium bowl.
- ☐ Roll the pie dough on a lightly floured surface into 2 (12-inch) circles. Using a 3-inch round cookie cutter, cut each dough portion into 12 rounds. Discard any remaining dough scraps.
- ☐ Place 12 dough rounds on a baking sheet coated with cooking spray.
- ☐ Brush half of the beaten egg over dough rounds. Spoon about 1 tablespoon apple-toffee mixture onto each round, leaving a 1/2-inch border around the edges of the dough. Top each round with 1 piece of butter. Top pies with remaining 12 rounds of dough; press edges together with a fork to seal.
- ☐ Brush remaining half of beaten egg over each pie.
- ☐ Bake at 375 for 25 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:13.17, Glycemic Load:2.27, Inflammation Score:-1, Nutrition Score:3.1021739296291%

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

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: 195.38kcal (9.77%), Fat: 10.87g (16.73%), Saturated Fat: 3.96g (24.75%), Carbohydrates: 21.8g (7.27%), Net
Carbohydrates: 20.42g (7.43%), Sugar: 4.76g (5.29%), Cholesterol: 20.57mg (6.86%), Sodium: 145.85mg (6.34%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.35%), Manganese: 0.17mg (8.52%), Folate: 26.12µg
(6.53%), Vitamin B1: 0.1mg (6.48%), Fiber: 1.38g (5.52%), Iron: 0.97mg (5.41%), Vitamin B2: 0.08mg (4.91%), Vitamin
B3: 0.92mg (4.62%), Selenium: 3.22µg (4.6%), Phosphorus: 35.7mg (3.57%), Vitamin K: 3.08µg (2.93%), Vitamin B5:
0.22mg (2.17%), Vitamin E: 0.29mg (1.92%), Vitamin A: 91.91IU (1.84%), Potassium: 62.91mg (1.8%), Copper: 0.03mg
(1.72%), Magnesium: 6.75mg (1.69%), Vitamin B6: 0.03mg (1.65%), Vitamin C: 1.21mg (1.46%), Zinc: 0.22mg (1.45%),
Calcium: 11.91mg (1.19%)