



Baked Apple, Raisin, and Brown Sugar Dumplings

READY IN



60 min.

SERVINGS



4

CALORIES



531 kcal

DESSERT

Ingredients

- ☐ 4 large brands flaky refrigerator biscuits refrigerated uncooked room temperature (from 16.3-ounce tube)
- ☐ 0.5 cup t brown sugar dark packed ()
- ☐ 1 large eggs beaten to blend
- ☐ 1.3 teaspoons ground cinnamon
- ☐ 1 cup cup heavy whipping cream chilled divided
- ☐ 0.3 cup raisins
- ☐ 32 ounce delicious apples peeled

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ microwave
- ☐ pie form
- ☐ melon baller

Directions

- ☐ Preheat oven to 400°F. Using melon baller, core apples, leaving bottoms intact.
- ☐ Place in glass pie dish, spacing apart. Microwave uncovered at 50 percent power until tender, about 10 minutes. Refrigerate 5 minutes to cool.
- ☐ Meanwhile, mix brown sugar and cinnamon in small bowl.
- ☐ Transfer 3 tablespoons cinnamon sugar to small saucepan.
- ☐ Add raisins and 3 tablespoons heavy cream and stir over low heat until sugar dissolves.
- ☐ Combine 3 tablespoons cinnamon sugar and remaining heavy cream in medium bowl and whisk to peaks. Cover and refrigerate.
- ☐ Roll out each biscuit on floured surface to thin 8-inch round; brush lightly with egg.
- ☐ Place apple in center of each round; fill apples with raisin mixture, overfilling slightly. Pull 4 sides of dough up to top of apple (from 3, 6, 9, and 12 o'clock positions) and twist in center, making apple stem shape. Using fingertips, press seams tightly to seal.
- ☐ Transfer dumplings to baking sheet.
- ☐ Brush dumplings with egg; sprinkle with remaining cinnamon sugar.
- ☐ Bake dumplings until golden, about 18 minutes.
- ☐ Serve with cinnamon whipped cream.

Nutrition Facts



Properties

Glycemic Index:39.95, Glycemic Load:17.37, Inflammation Score:-7, Nutrition Score:9.51869563434444%

Flavonoids

Cyanidin: 3.56mg, Cyanidin: 3.56mg, Cyanidin: 3.56mg, Cyanidin: 3.56mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 17.08mg, Epicatechin: 17.08mg, Epicatechin: 17.08mg, Epicatechin: 17.08mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 9.09mg, Quercetin: 9.09mg, Quercetin: 9.09mg, Quercetin: 9.09mg

Nutrients (% of daily need)

Calories: 531.32kcal (26.57%), Fat: 25.75g (39.61%), Saturated Fat: 14.97g (93.58%), Carbohydrates: 76.42g (25.47%), Net Carbohydrates: 69.69g (25.34%), Sugar: 54.22g (60.24%), Cholesterol: 113.74mg (37.91%), Sodium: 82.53mg (3.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.75g (9.51%), Fiber: 6.73g (26.91%), Vitamin A: 1075.06IU (21.5%), Vitamin B2: 0.28mg (16.56%), Manganese: 0.29mg (14.26%), Vitamin C: 11.47mg (13.9%), Potassium: 464.2mg (13.26%), Phosphorus: 101.37mg (10.14%), Selenium: 6.66µg (9.52%), Calcium: 93.65mg (9.36%), Vitamin E: 1.35mg (8.97%), Vitamin B6: 0.18mg (8.86%), Vitamin D: 1.2µg (8.01%), Iron: 1.41mg (7.83%), Vitamin K: 8.23µg (7.83%), Vitamin B1: 0.1mg (6.96%), Copper: 0.14mg (6.87%), Magnesium: 24.88mg (6.22%), Folate: 23.83µg (5.96%), Vitamin B5: 0.56mg (5.56%), Vitamin B3: 0.75mg (3.78%), Vitamin B12: 0.21µg (3.44%), Zinc: 0.49mg (3.23%)