



Baked Fruit Dumplings

 Vegetarian

READY IN



105 min.

SERVINGS



6

CALORIES



469 kcal

SIDE DISH

Ingredients

- ☐ 6 apples cored peeled
- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 cup blueberries
- ☐ 2 tablespoons brown sugar
- ☐ 0.5 cup butter diced chilled
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg

- ☐ 0.3 cup maple syrup
- ☐ 0.8 cup milk
- ☐ 1 teaspoon orange peel dried
- ☐ 0.5 teaspoon salt

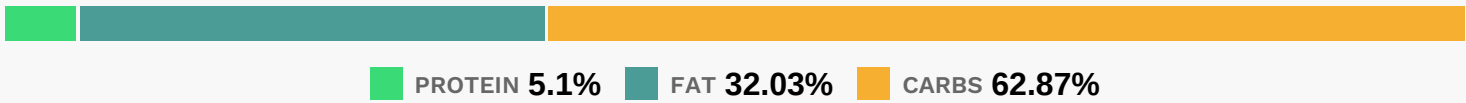
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Grease a 7x11 inch baking dish.
- ☐ In a large bowl, mix flour, baking powder, salt and brown sugar.
- ☐ Cut in butter.
- ☐ Pour in milk and stir to form a dough. Turn out onto a well-floured surface and roll out.
- ☐ Cut into 6 – 6 inch squares.
- ☐ Place a whole apple in the center of each square. Fill the core with blueberries.
- ☐ Drizzle with maple syrup. Pull up corners of dough and pinch edges together to seal.
- ☐ Place dumplings in prepared pan and sprinkle with cinnamon and nutmeg.
- ☐ Combine remaining maple syrup with enough water to pour over dumplings to a 1 inch depth in dish. Submerge remaining blueberries and apple peelings with dried orange peel in liquid.
- ☐ Bake in preheated oven 45 minutes, basting as necessary, until crisp and browned.
- ☐ Serve warm with sauce.

Nutrition Facts



Properties

Glycemic Index:73.08, Glycemic Load:35.23, Inflammation Score:-7, Nutrition Score:13.592173845872%

Flavonoids

Cyanidin: 4.94mg, Cyanidin: 4.94mg, Cyanidin: 4.94mg, Cyanidin: 4.94mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Peonidin: 5.04mg, Peonidin: 5.04mg, Peonidin: 5.04mg, Peonidin: 5.04mg Catechin: 3.67mg, Catechin: 3.67mg, Catechin: 3.67mg, Catechin: 3.67mg Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg Epicatechin: 13.86mg, Epicatechin: 13.86mg, Epicatechin: 13.86mg, Epicatechin: 13.86mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 9.19mg, Quercetin: 9.19mg, Quercetin: 9.19mg, Quercetin: 9.19mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 468.81kcal (23.44%), Fat: 17.18g (26.43%), Saturated Fat: 10.46g (65.36%), Carbohydrates: 75.88g (25.29%), Net Carbohydrates: 69.54g (25.29%), Sugar: 34.95g (38.83%), Cholesterol: 44.33mg (14.78%), Sodium: 544.31mg (23.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.31%), Manganese: 0.81mg (40.34%), Vitamin B2: 0.48mg (28.39%), Vitamin B1: 0.4mg (26.34%), Fiber: 6.34g (25.34%), Selenium: 14.99µg (21.41%), Folate: 84.04µg (21.01%), Calcium: 200.47mg (20.05%), Phosphorus: 147.94mg (14.79%), Iron: 2.53mg (14.03%), Vitamin B3: 2.79mg (13.97%), Vitamin C: 11.24mg (13.62%), Vitamin A: 636.29IU (12.73%), Potassium: 347.28mg (9.92%), Vitamin K: 10.41µg (9.91%), Magnesium: 28.09mg (7.02%), Copper: 0.13mg (6.44%), Vitamin B6: 0.13mg (6.4%), Vitamin E: 0.96mg (6.37%), Vitamin B5: 0.47mg (4.67%), Zinc: 0.65mg (4.35%), Vitamin B12: 0.2µg (3.28%), Vitamin D: 0.34µg (2.24%)