



WHATSheATE



## Cakespy: Pie Fries

♥ Popular

READY IN



20 min.

SERVINGS



2

CALORIES



4716 kcal

SIDE DISH

### Ingredients

- ☐ 2 servings butter melted to taste
- ☐ 2 servings cinnamon
- ☐ 2 servings granulated sugar
- ☐ 2 servings jam for dipping
- ☐ 2 servings spices: paprika powder 1
- ☐ 10 inch pie crust dough

### Equipment

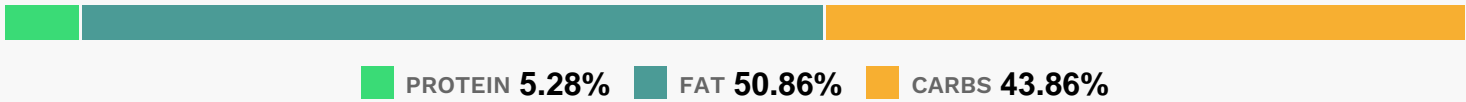
- ☐ baking sheet

- ☐ baking paper
- ☐ oven
- ☐ pastry brush

## Directions

- ☐ Collect your pie dough scraps. They may already be in slivers; if not, put them together into one clump, and roll out. It's OK if the dough looks slightly lumpy when rolled out.
- ☐ Slice the dough into "fries", approximately the size of fast food restaurant-style fries.
- ☐ Place the cut "fries" on a baking sheet lined with parchment paper.
- ☐ Brush with as little or as much butter as you'd like using a pastry brush.
- ☐ Sprinkle with sugar, cinnamon, and any other spices you'd like (I used nutmeg).
- ☐ Bake in a preheated 375 oven for 10 minutes, or until crispy around the edges.
- ☐ If you're going for extra cute points, cut pillow boxes in half for a sweet presentation.
- ☐ If desired, affix labels.
- ☐ Serve in the assembled pillow box halves with jam on the side for dipping.

## Nutrition Facts



## Properties

Glycemic Index:90.05, Glycemic Load:15.86, Inflammation Score:-9, Nutrition Score:51.675217312963%

## Nutrients (% of daily need)

Calories: 4716.01kcal (235.8%), Fat: 264.96g (407.63%), Saturated Fat: 84.23g (526.46%), Carbohydrates: 514.24g (171.41%), Net Carbohydrates: 487.81g (177.39%), Sugar: 21.8g (24.22%), Cholesterol: 10.75mg (3.58%), Sodium: 4129.39mg (179.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 61.85g (123.71%), Manganese: 4.94mg (246.81%), Vitamin B1: 2.76mg (183.68%), Folate: 702.71µg (175.68%), Iron: 26.47mg (147.05%), Vitamin B3: 27.06mg (135.29%), Fiber: 26.43g (105.72%), Vitamin B2: 1.72mg (101.26%), Selenium: 57.68µg (82.4%), Phosphorus: 727.46mg (72.75%), Vitamin K: 74.26µg (70.72%), Vitamin B5: 4.07mg (40.67%), Copper: 0.78mg (39.12%), Magnesium: 153.46mg (38.37%), Vitamin E: 4.81mg (32.04%), Zinc: 4.58mg (30.52%), Potassium: 1002.09mg (28.63%), Vitamin B6: 0.51mg (25.57%), Calcium: 222.18mg (22.22%), Vitamin A: 143.46IU (2.87%), Vitamin C: 2.07mg (2.51%)