



Caramel Apple Dumplings

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



234 kcal

DESSERT

Ingredients

- ☐ 2 medium baking apples
- ☐ 4 caramel candies
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 sheets commercial phyllo pastry frozen thawed
- ☐ 2 tablespoons skim milk

Equipment

- ☐ baking sheet
- ☐ sauce pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine first 3 ingredients in a small saucepan. Cook over low heat, stirring constantly, until smooth.
- ☐ Remove from heat, and set aside.
- ☐ Core apples, cutting to, but not through, the bottom of each apple. Spoon caramel mixture evenly into centers of apples.
- ☐ Place apples in a small baking dish; cover and bake at 400 for 20 to 22 minutes or until apples are tender.
- ☐ Remove from dish, and let cool.
- ☐ Place 1 sheet of phyllo on a damp towel (keeping remaining phyllo covered). Coat phyllo with cooking spray. Fold phyllo in half crosswise.
- ☐ Place 1 apple on phyllo rectangle. Coat edges of phyllo with cooking spray; bring corners to center, pinching edges to seal. Coat dumpling with cooking spray. Repeat with remaining apple and phyllo.
- ☐ Place dumplings on a baking sheet coated with cooking spray.
- ☐ Bake at 400 for 5 to 6 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:86.63, Glycemic Load:20.56, Inflammation Score:-3, Nutrition Score:6.1686956623326%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg 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: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 234.18kcal (11.71%), Fat: 3.09g (4.75%), Saturated Fat: 0.84g (5.22%), Carbohydrates: 51.65g (17.22%), Net Carbohydrates: 46.65g (16.96%), Sugar: 32.83g (36.48%), Cholesterol: 1.85mg (0.62%), Sodium: 148.79mg (6.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.55%), Fiber: 4.99g (19.98%), Manganese: 0.24mg (12.21%), Vitamin B1: 0.16mg (10.86%), Vitamin B2: 0.18mg (10.77%), Vitamin C: 8.47mg (10.27%), Potassium: 278.8mg (7.97%), Phosphorus: 73.44mg (7.34%), Selenium: 5.1µg (7.29%), Calcium: 65.42mg (6.54%), Folate: 23.31µg (5.83%), Vitamin B6: 0.1mg (5.05%), Iron: 0.9mg (4.99%), Vitamin B3: 0.99mg (4.97%), Vitamin K: 4.99µg (4.76%), Magnesium: 17.45mg (4.36%), Copper: 0.07mg (3.7%), Vitamin B5: 0.35mg (3.48%), Vitamin E: 0.45mg (2.98%), Vitamin A: 138.76IU (2.78%), Vitamin B12: 0.15µg (2.45%), Zinc: 0.33mg (2.2%), Vitamin D: 0.17µg (1.1%)