



Cinnamon Apple Personal Pies

 Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



673 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon flour
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 cup apples peeled chopped
- ☐ 14.1 oz pie crust dough refrigerated softened (2 Count)
- ☐ 20 cinnamon candies
- ☐ 1 eggs lightly beaten
- ☐ 4 teaspoons sugar red

- ☐ 1 tube chocolate icing green
- ☐ 4 sticks pretzels (1-inch)

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 350°F.
- ☐ In large bowl, mix sugar, flour and cinnamon; stir in apple.
- ☐ Unroll 1 pie crust on lightly floured surface; roll to 12-inch diameter. Press mold on crust forming 4 dough circles. Turn mold over; place 1 dough circle into one side of mold, pushing down gently to fill mold, making sure dough is stretched to edge of mold.
- ☐ Spoon 1/4 cup apple mixture into center of dough circle.
- ☐ Place 5 cinnamon candies evenly over apple mixture. Lightly brush egg on edge of dough circle.
- ☐ Place second dough circle with air vent on top of filling, making sure scalloped edges match. Close mold; press to crimp and seal pie.
- ☐ Trace apple shape on pie with table knife, using light pressure. Lightly brush egg over apple design on crust; sprinkle 1 teaspoon red sugar over top.
- ☐ Prick top of crust with a fork in two places to allow steam to escape during baking.
- ☐ Carefully remove pie from mold; place on parchment paper-lined cookie sheet. Repeat with remaining pie crust dough and filling.
- ☐ Bake 20 to 25 minutes or until crust is golden brown. Cool 20 minutes.
- ☐ Pipe a small strip of green icing on pretzel stick, and press down on stem portion of apple. Use green icing to pipe a leaf shape on right side of stem. Repeat with remaining three pies.

Nutrition Facts



 **PROTEIN 4.62%**  **FAT 42.85%**  **CARBS 52.53%**

Properties

Glycemic Index:94.55, Glycemic Load:17.8, Inflammation Score:-3, Nutrition Score:9.0669564527014%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 673.19kcal (33.66%), Fat: 32.08g (49.35%), Saturated Fat: 9.4g (58.77%), Carbohydrates: 88.5g (29.5%), Net Carbohydrates: 85.14g (30.96%), Sugar: 35.64g (39.6%), Cholesterol: 40.92mg (13.64%), Sodium: 492.38mg (21.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.78g (15.56%), Manganese: 0.49mg (24.53%), Folate: 81.19µg (20.3%), Vitamin B1: 0.3mg (19.71%), Vitamin B2: 0.33mg (19.21%), Iron: 2.96mg (16.45%), Vitamin B3: 2.88mg (14.42%), Fiber: 3.36g (13.45%), Selenium: 9.38µg (13.4%), Vitamin K: 11.98µg (11.41%), Phosphorus: 104.47mg (10.45%), Vitamin E: 1.1mg (7.32%), Vitamin B5: 0.61mg (6.15%), Copper: 0.09mg (4.74%), Magnesium: 18.65mg (4.66%), Potassium: 159.26mg (4.55%), Zinc: 0.64mg (4.28%), Vitamin B6: 0.08mg (4.13%), Calcium: 29.62mg (2.96%), Vitamin C: 1.46mg (1.77%), Vitamin B12: 0.1µg (1.63%), Vitamin A: 77.64IU (1.55%), Vitamin D: 0.22µg (1.47%)