



Cinnamon-Caramel Apple Dumplings With Golden Raisins

READY IN



30 min.

SERVINGS



6

CALORIES



922 kcal

DESSERT

Ingredients

- ☐ 0.5 cup apple juice
- ☐ 1 cup firmly brown sugar light packed
- ☐ 0.5 cup butter melted
- ☐ 6 cinnamon sticks
- ☐ 0.3 cup plus
- ☐ 1 large eggs beaten
- ☐ 6 servings garnish: golden raisins
- ☐ 6 tablespoons golden raisins

- ☐ 6 large granny smith apples cored
- ☐ 1 teaspoon ground cinnamon
- ☐ 15 oz piecrusts refrigerated

Equipment

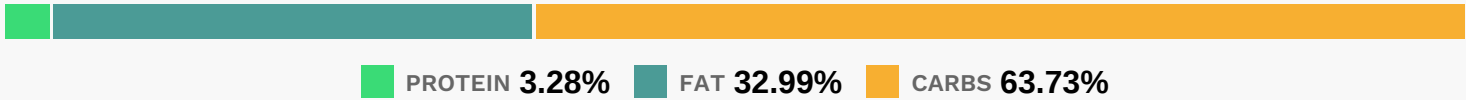
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Unroll piecrusts onto a lightly floured surface; cut dough into 12 (10- x 1-inch) strips, reserving dough scraps for later use. Crisscross 2 strips of dough on surface, forming an "X".
- ☐ Place 1 apple in center of "X". Spoon 1 Tbsp. raisins into apple core, pressing raisins to compact. Pull strips up and over apple, pressing dough into core; trim off excess, if necessary. Repeat with remaining piecrust strips, apples, and raisins.
- ☐ Reroll remaining dough scraps.
- ☐ Cut leaf shapes from dough using a paring knife. Gently score designs in leaves using knife.
- ☐ Stir together egg and 1 Tbsp. water; brush dough strips on apples with egg mixture. Gently press leaves onto dough strips at top of apples; brush leaves with egg mixture.
- ☐ Whisk together melted butter and next 4 ingredients; pour mixture into 6 (6-inch) cast-iron skillets.
- ☐ Place 1 apple in center of each skillet.
- ☐ Bake at 425 for 20 to 25 minutes or until pastry is golden brown, shielding apple tops with aluminum foil after 15 minutes to prevent excessive browning, if necessary.
- ☐ Remove from oven. Press 1 cinnamon stick into center of each apple to resemble a stem.
- ☐ Drizzle sauce in skillets over apples.
- ☐ Garnish, if desired.

- ☐
- To bake in a 13- x 9-inch baking dish: Prepare recipe as directed through Step
- ☐
- Whisk together melted butter and next 4 ingredients; pour mixture into baking dish.
- ☐
- Place apples in baking dish. Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:44.18, Glycemic Load:30.46, Inflammation Score:-6, Nutrition Score:15.693913019222%

Flavonoids

Cyanidin: 3.51mg, Cyanidin: 3.51mg, Cyanidin: 3.51mg, Cyanidin: 3.51mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 3.16mg, Catechin: 3.16mg, Catechin: 3.16mg, Catechin: 3.16mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 17.77mg, Epicatechin: 17.77mg, Epicatechin: 17.77mg, Epicatechin: 17.77mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg Quercetin: 10.14mg, Quercetin: 10.14mg, Quercetin: 10.14mg, Quercetin: 10.14mg

Nutrients (% of daily need)

Calories: 921.82kcal (46.09%), Fat: 35.3g (54.31%), Saturated Fat: 15.91g (99.47%), Carbohydrates: 153.39g (51.13%), Net Carbohydrates: 142.39g (51.78%), Sugar: 98.42g (109.36%), Cholesterol: 71.67mg (23.89%), Sodium: 451.26mg (19.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.9g (15.8%), Manganese: 1.24mg (62.03%), Fiber: 11g (44%), Potassium: 745.4mg (21.3%), Iron: 3.67mg (20.39%), Vitamin B2: 0.31mg (18.47%), Vitamin B1: 0.25mg (16.95%), Copper: 0.32mg (15.77%), Folate: 62.73µg (15.68%), Vitamin B6: 0.31mg (15.59%), Phosphorus: 153.72mg (15.37%), Vitamin C: 12.03mg (14.58%), Vitamin B3: 2.75mg (13.76%), Vitamin K: 14.2µg (13.52%), Calcium: 132.25mg (13.22%), Vitamin A: 650.37IU (13.01%), Magnesium: 45.68mg (11.42%), Selenium: 7.78µg (11.12%), Vitamin E: 1.4mg (9.33%), Vitamin B5: 0.71mg (7.07%), Zinc: 0.82mg (5.5%), Vitamin B12: 0.11µg (1.77%), Vitamin D: 0.17µg (1.11%)