



Cranberry Apple Dumplings with Crimson Sauce

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



1163 kcal

SIDE DISH

Ingredients

- 4 small apples cored peeled (each 3 inches in diameter)
- 1 eggs slightly beaten
- 3 cups flour all-purpose
- 1 leaves mint leaves fresh
- 0.3 cup orange juice
- 2 tablespoons cinnamon candies red
- 0.8 teaspoon salt

- 1 cup shortening
- 4 servings sugar
- 4 teaspoons sugar
- 6 tablespoons water cold
- 16 ounces roasted cranberry sauce whole canned

Equipment

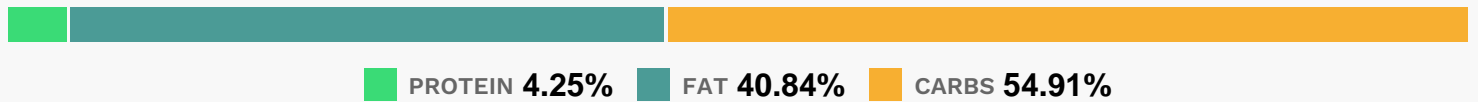
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- knife
- blender
- pastry cutter

Directions

- Heat oven to 400F. Lightly grease bottom of jelly roll pan, 15 1/2x10 1/2x1 inch, or large cookie sheet with shortening. In 1-quart saucepan, heat cranberry sauce, orange juice and candies over medium heat, stirring occasionally, until mixture is hot and candies are melted; remove from heat.
- In medium bowl, cut shortening into flour and salt, using pastry blender or crisscrossing 2 knives, until particles are size of small peas.
- Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons more water can be added if necessary).
- Roll pastry into rectangle, 18x16 inches.
- Cut pastry into four 8-inch squares, using pastry cutter or knife.
- Cut leaves from remaining 2-inch piece of pastry, using small leaf-shape cutter, pastry cutter or knife.

- Place apple on each pastry square. Spoon 1 tablespoon cranberry sauce mixture into center of each apple.
- Sprinkle each apple with 1 teaspoon of the sugar. Moisten corners of pastry squares. Bring 2 opposite corners of pastry up over apple; pinch to seal. Repeat with remaining corners; pinch edges of pastry to seal. Decorate with pastry leaves.
- Place dumplings in pan.
- Brush with egg; sprinkle with additional sugar.
- Bake about 30 minutes or until crust is golden brown and apples are tender.
- Garnish each dumpling with mint leaf.
- Serve warm with remaining sauce mixture.

Nutrition Facts



Properties

Glycemic Index:74.8, Glycemic Load:69.18, Inflammation Score:-7, Nutrition Score:20.520000017208%

Flavonoids

Cyanidin: 2.45mg, Cyanidin: 2.45mg, Cyanidin: 2.45mg, Cyanidin: 2.45mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 11.22mg, Epicatechin: 11.22mg, Epicatechin: 11.22mg, Epicatechin: 11.22mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 3.07mg, Myricetin: 3.07mg, Myricetin: 3.07mg, Myricetin: 3.07mg Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg

Nutrients (% of daily need)

Calories: 1162.5kcal (58.12%), Fat: 53.72g (82.65%), Saturated Fat: 13.36g (83.47%), Carbohydrates: 162.5g (54.17%), Net Carbohydrates: 155.12g (56.41%), Sugar: 75.21g (83.57%), Cholesterol: 40.92mg (13.64%), Sodium: 464.18mg

(20.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.59g (25.17%), Vitamin B1: 0.81mg (53.79%), Selenium: 35.72µg (51.03%), Folate: 187µg (46.75%), Manganese: 0.77mg (38.34%), Vitamin B2: 0.58mg (34.33%), Vitamin E: 4.64mg (30.95%), Vitamin K: 32.46µg (30.91%), Fiber: 7.39g (29.55%), Vitamin B3: 5.85mg (29.27%), Iron: 5.27mg (29.25%), Vitamin C: 15.74mg (19.08%), Phosphorus: 146.6mg (14.66%), Copper: 0.22mg (11.23%), Vitamin B5: 1.05mg (10.48%), Potassium: 338.16mg (9.66%), Magnesium: 33.61mg (8.4%), Vitamin B6: 0.14mg (7.18%), Zinc: 0.9mg (6.03%), Vitamin A: 219.02IU (4.38%), Calcium: 35.92mg (3.59%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)