



Cranberry-Glazed Apple Dumplings

READY IN



135 min.

SERVINGS



4

CALORIES



784 kcal

SIDE DISH

Ingredients

- 4 medium apples cored peeled
- 1.5 cups 1/4 cup dried cranberry (juice sweetened if possible)
- 2 tablespoons cream cheese
- 0.3 teaspoon ground cinnamon
- 1 box pie crust dough refrigerated softened
- 0.7 cup sugar
- 1 tablespoon sugar
- 2 tablespoons cranberries dried sweetened

Equipment

- bowl
- sauce pan
- oven
- knife
- baking pan
- kitchen scissors
- glass baking pan

Directions

- Heat oven to 400F.
- Remove crust from pouch; place on work surface. With kitchen scissors or knife, cut crust into 8 wedges.
- For each dumpling, place 2 crust wedges together at points, overlapping points about 1/2 inch; press to seal. Center 1 apple on overlapped points. Spoon about 1/2 tablespoon each of the cream cheese and cranberries into center of each apple.
- In small bowl, mix 1 tablespoon sugar and the cinnamon; sprinkle each apple with 1/4 teaspoon sugar-cinnamon mixture. (Reserve remaining mixture.) Make 1 cut in each crust wedge from apple to edge to make 4 strips per apple. Separate strips enough to space evenly around apple. Bring strips up around apple, overlapping and sealing at top.
- Place wrapped apples in ungreased 8-inch square (2-quart) glass baking dish.
- In 1-quart saucepan, mix juice drink and 2/3 cup sugar.
- Heat to boiling, stirring well to dissolve sugar.
- Pour over wrapped apples in baking dish.
- Sprinkle apples with remaining sugar-cinnamon mixture.
- Bake 35 to 45 minutes or until apples are almost tender and crust is deep golden brown.
- Spoon sauce mixture from baking dish over each apple; bake 5 to 10 minutes longer or until apples are fork-tender. Cool at least 1 hour before serving.
- Serve sauce over dumplings.

Nutrition Facts

PROTEIN 3.71% FAT 32.62% CARBS 63.67%

Properties

Glycemic Index:65.05, Glycemic Load:38.54, Inflammation Score:-5, Nutrition Score:11.920434787222%

Flavonoids

Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg 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 Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg 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: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg

Nutrients (% of daily need)

Calories: 783.95kcal (39.2%), Fat: 29.2g (44.92%), Saturated Fat: 9.69g (60.57%), Carbohydrates: 128.21g (42.74%), Net Carbohydrates: 120.78g (43.92%), Sugar: 72.39g (80.43%), Cholesterol: 7.32mg (2.44%), Sodium: 436.23mg (18.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.47g (14.93%), Fiber: 7.43g (29.71%), Manganese: 0.55mg (27.48%), Vitamin B1: 0.32mg (21.14%), Vitamin C: 17.22mg (20.87%), Folate: 77.07µg (19.27%), Iron: 3.12mg (17.34%), Vitamin K: 16.9µg (16.1%), Vitamin B2: 0.26mg (15.3%), Vitamin B3: 3mg (15.01%), Vitamin E: 2.15mg (14.33%), Phosphorus: 112.79mg (11.28%), Potassium: 379.3mg (10.84%), Selenium: 6.69µg (9.55%), Copper: 0.19mg (9.27%), Vitamin B6: 0.18mg (9.05%), Magnesium: 30.82mg (7.7%), Vitamin B5: 0.57mg (5.74%), Vitamin A: 239.71IU (4.79%), Calcium: 46.83mg (4.68%), Zinc: 0.67mg (4.45%)