

Delicious Apple Dumplings

READY IN



60 min.

SERVINGS



8

CALORIES



488 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup butter
- ☐ 16 ounce crescent roll dough refrigerated
- ☐ 4 small apples i use 2 granny smith apples cored peeled quartered
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

Equipment

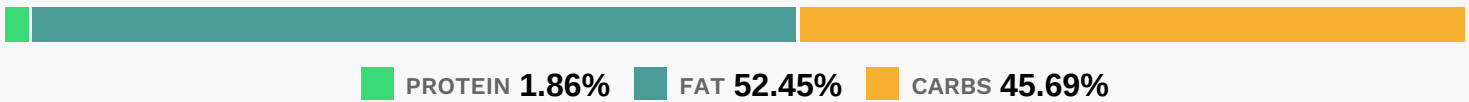
- ☐ frying pan

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking pan.
- ☐ Heat the butter, sugar, cinnamon, and vanilla in a saucepan over medium heat until the sugar dissolves, about 5 minutes.
- ☐ Remove from heat; set aside. Divide the crescent roll dough into 16 triangles.
- ☐ Roll 1 slice of apple with the dough and arrange on the prepared pan.
- ☐ Pour the butter mixture over the wrapped apples, then pour the citrus-flavored soda on top.
- ☐ Bake in the preheated oven until golden brown, 40 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:19.64, Glycemic Load:20.18, Inflammation Score:-3, Nutrition Score:2.3434782403967%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 5.61mg, Epicatechin: 5.61mg, Epicatechin: 5.61mg, Epicatechin: 5.61mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 488.08kcal (24.4%), Fat: 29.66g (45.63%), Saturated Fat: 16.06g (100.4%), Carbohydrates: 58.14g (19.38%), Net Carbohydrates: 56.22g (20.44%), Sugar: 38.45g (42.72%), Cholesterol: 45.75mg (15.25%), Sodium: 582.99mg (25.35%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 2.37g (4.74%), Vitamin A: 572.79IU (11.46%), Fiber: 1.92g (7.68%), Iron: 0.84mg (4.68%), Vitamin E: 0.63mg (4.22%), Vitamin C: 3.44mg (4.17%),

Manganese: 0.07mg (3.59%), Vitamin K: 3.21µg (3.05%), Potassium: 87.14mg (2.49%), Vitamin B2: 0.03mg (1.88%),
Vitamin B6: 0.03mg (1.59%), Phosphorus: 13.49mg (1.35%), Calcium: 12.39mg (1.24%), Copper: 0.02mg (1.15%),
Magnesium: 4.36mg (1.09%)