



WHATSheATE



Double-Caramel Apple Dumplings



Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



598 kcal

DESSERT

Ingredients

- ☐ 4 servings mrs richardson's butterscotch caramel sauce (see notes)
- ☐ 1 large eggs with 1 tablespoon water beaten to blend
- ☐ 1 tablespoon juice of lemon
- ☐ 0.7 cup pecan halves
- ☐ 1 sheet puff pastry frozen thawed (half of a 17.3-oz. package)
- ☐ 16 oz golden delicious apples

Equipment

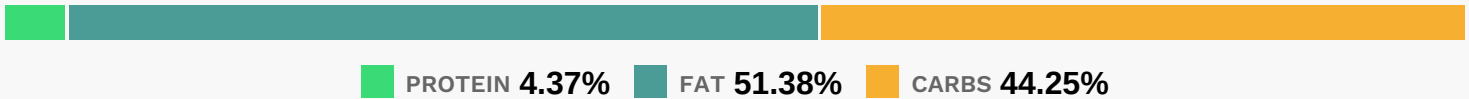
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ spatula

Directions

- ☐ Set aside four pecan halves; chop remaining nuts. In a bowl, mix chopped nuts with 1/4 cup caramel sauce.
- ☐ Peel apples; core each, creating a 1-inch-wide hollow from top to bottom.
- ☐ Place apples in a bowl and coat with lemon juice.
- ☐ On a lightly floured board, roll puff pastry into a 12-inch square.
- ☐ Cut into four equal squares and center an apple upright on each. Push nut mixture equally into apple hollows.
- ☐ Brush egg mixture over a 1/2-inch-wide border around each pastry; reserve remaining egg. To wrap each dumpling, with floured fingers bring two opposite pastry corners up over apple and pinch tips together. Repeat with remaining two corners. Firmly pinch all tips together; pinch each seam, then fold over about 1/8 inch along the seam and pinch again, leaving no holes. Space dumplings evenly on a buttered 12- by 15-inch baking sheet.
- ☐ Bake in a 375 regular or convection oven for 20 minutes. Dip reserved pecan halves in egg mixture (save remaining egg for other uses or discard); press a nut half on top of each dumpling.
- ☐ Bake until pastry is deep golden, 10 to 15 minutes longer in a regular oven, about 5 minutes in a convection oven.
- ☐ With a wide spatula, transfer dumplings to plates. Accompany with remaining caramel sauce and ice cream, if desired.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:19.16, Inflammation Score:-4, Nutrition Score:11.691739227461%

Flavonoids

Cyanidin: 3.55mg, Cyanidin: 3.55mg, Cyanidin: 3.55mg, Cyanidin: 3.55mg Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.67mg, Catechin: 2.67mg, Catechin: 2.67mg, Catechin: 2.67mg Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg Epicatechin: 8.67mg, Epicatechin: 8.67mg, Epicatechin: 8.67mg, Epicatechin: 8.67mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.6mg, Epigallocatechin 3–gallate: 0.6mg, Epigallocatechin 3–gallate: 0.6mg, Epigallocatechin 3–gallate: 0.6mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg

Nutrients (% of daily need)

Calories: 597.69kcal (29.88%), Fat: 35.42g (54.49%), Saturated Fat: 6.96g (43.5%), Carbohydrates: 68.62g (22.87%), Net Carbohydrates: 63.39g (23.05%), Sugar: 35.8g (39.77%), Cholesterol: 0mg (0%), Sodium: 290.33mg (12.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.78g (13.55%), Manganese: 1.1mg (55.08%), Vitamin B1: 0.37mg (24.86%), Selenium: 15.97µg (22.82%), Fiber: 5.24g (20.94%), Copper: 0.3mg (14.99%), Vitamin B3: 2.85mg (14.26%), Folate: 56.36µg (14.09%), Vitamin B2: 0.22mg (13.23%), Vitamin K: 12.93µg (12.32%), Iron: 2.12mg (11.8%), Phosphorus: 110.83mg (11.08%), Magnesium: 37.71mg (9.43%), Vitamin C: 7.05mg (8.54%), Zinc: 1.12mg (7.47%), Potassium: 256.61mg (7.33%), Vitamin E: 0.79mg (5.28%), Vitamin B6: 0.1mg (4.79%), Calcium: 44.45mg (4.45%), Vitamin B5: 0.28mg (2.8%), Vitamin A: 107.31IU (2.15%), Vitamin B12: 0.07µg (1.2%)