



Fried Apple Hand Pies

READY IN



135 min.

SERVINGS



18

CALORIES



219 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons apple cider vinegar
- ☐ 2 braeburn apples cored peeled cut into 1/2-inch chunks 1 pound
- ☐ 1.5 sticks butter diced cold
- ☐ 1 eggs
- ☐ 2.5 cups flour for dusting all-purpose plus more
- ☐ 2 granny smith apples cored peeled cut into 1/2-inch chunks 1 pound 1/4 cup sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 pinch ground ginger
- ☐ 1 pinch ground nutmeg

- ☐ 4 tablespoons ice water
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 teaspoons juice of lemon
- ☐ 18 servings oil for frying
- ☐ 0.3 cup shortening chilled cut into pieces
- ☐ 2 teaspoons sugar
- ☐ 2 tablespoons butter unsalted

Equipment

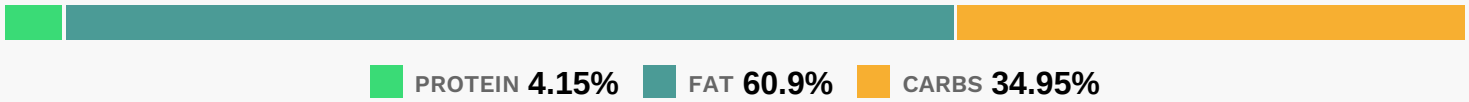
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ plastic wrap

Directions

- ☐ Combine the flour, sugar and salt in a food processor and pulse to combine.
- ☐ Add the shortening and butter and pulse until the mixture resembles coarse breadcrumbs.
- ☐ Add in the ice water and vinegar, 1 tablespoon at a time, and pulse until the mixture just comes together. Turn the dough out onto a large piece of plastic wrap and press into a large disc. Refrigerate for at least 1 hour.
- ☐ For the filling: Melt the butter in a large saute pan over medium-high heat and then saute the apples, stirring, until just starting to soften, 3 to 5 minutes.
- ☐ Sprinkle with the sugar and stir.
- ☐ Add the cinnamon, salt, ginger and nutmeg and cook, stirring, until some of the apples start to break apart (but most are still whole), about 4 minutes. Stir in the lemon juice and remove from the heat. Set aside to cool completely, about 30 minutes.
- ☐ Fill a deep pot halfway with oil and heat to 365 degrees F.
- ☐ Roll the dough out 1/8-inch thick on a lightly-floured surface.

- ☐ Cut out eighteen 4 1/2-inch-diameter circles, gathering and re-rolling the dough if necessary. Beat the egg in a small bowl with 1 tablespoon of water.
- ☐ Place about 1 heaping tablespoon of the apple filling into the center of each dough round.
- ☐ Brush the edge with some egg mixture and fold the dough over to make a half-moon shape. Press out the air and seal the edges with a fork. Repeat with the remaining filling and dough.
- ☐ Place 4 to 6 pies at a time into the hot oil and cook until golden brown, flipping as needed, about 5 minutes.
- ☐ Transfer to a paper towel-lined plate.
- ☐ Serve warm or at room temperature.
- ☐ Cook's Note: The pies can be frozen for up to 6 months before frying. Frozen pies will take about 8 minutes to fry. You can also refrigerate the pies for up to 2 hours before frying.

Nutrition Facts



Properties

Glycemic Index:20.78, Glycemic Load:11.39, Inflammation Score:-3, Nutrition Score:4.0969565134981%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 3.05mg, Epicatechin: 3.05mg, Epicatechin: 3.05mg, Epicatechin: 3.05mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 218.73kcal (10.94%), Fat: 15.04g (23.14%), Saturated Fat: 6.69g (41.79%), Carbohydrates: 19.42g (6.47%), Net Carbohydrates: 17.94g (6.52%), Sugar: 4.75g (5.27%), Cholesterol: 32.68mg (10.89%), Sodium: 129.88mg (5.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.62%), Vitamin B1: 0.15mg (9.71%), Selenium: 6.76µg (9.65%), Folate: 34.62µg (8.66%), Manganese: 0.15mg (7.5%), Vitamin E: 1.03mg (6.87%), Vitamin B2: 0.11mg (6.55%), Vitamin A: 309.49IU (6.19%), Fiber: 1.48g (5.93%), Vitamin B3: 1.07mg (5.36%), Iron: 0.91mg (5.07%),

Vitamin K: 5.25µg (5%), Phosphorus: 30.93mg (3.09%), Vitamin C: 2.08mg (2.52%), Potassium: 69.44mg (1.98%),
Copper: 0.04mg (1.97%), Vitamin B5: 0.17mg (1.71%), Magnesium: 6.61mg (1.65%), Vitamin B6: 0.03mg (1.46%), Zinc:
0.18mg (1.22%)