

Fried Apple Pies

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



332 kcal

DESSERT

Ingredients

- 2 tablespoons butter melted
- 8 ounce apples dried
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg
- 2 tablespoons juice of lemon
- 4 Inch pie pastries
- 0.8 cup sugar
- 24 servings vegetable oil

1 cup water

Equipment

frying pan

paper towels

sauce pan

Directions

Soak apples overnight in water to cover; drain, and rinse well.

Combine apples and 1 cup water in a large saucepan; bring to a boil. Reduce heat; cover, and simmer 30 minutes or until tender. Cool. Stir in butter, sugar, cinnamon, nutmeg, and lemon juice; mash well.

Divide pastry into thirds; roll each portion to 1/8-inch thickness on waxed paper.

Cut into 4-inch circles.

Place about 1 tablespoon apple mixture on half of each pastry circle. Dip fingers in water, and moisten edges of circles; fold in half, making sure edges are even. Press pastry edges firmly together using a fork dipped in flour.

Heat 1 inch of oil to 375 in a large skillet. Cook pies until golden brown on both sides, turning once.

Drain well on paper towels.

Nutrition Facts



PROTEIN 2.56% **FAT 63.23%** **CARBS 34.21%**

Properties

Glycemic Index:7.25, Glycemic Load:5.94, Inflammation Score:-1, Nutrition Score:4.2508695159593%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 332.1kcal (16.6%), Fat: 23.69g (36.45%), Saturated Fat: 5.06g (31.63%), Carbohydrates: 28.83g (9.61%), Net Carbohydrates: 27.13g (9.86%), Sugar: 11.68g (12.98%), Cholesterol: 0mg (0%), Sodium: 156.14mg (6.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.32%), Vitamin K: 28.49µg (27.13%), Vitamin E: 1.39mg (9.26%), Manganese: 0.17mg (8.57%), Fiber: 1.71g (6.83%), Vitamin B1: 0.09mg (6.14%), Folate: 23.62µg (5.9%), Iron: 1.01mg (5.63%), Vitamin B3: 0.99mg (4.95%), Vitamin B2: 0.07mg (4.33%), Selenium: 2.06µg (2.95%), Phosphorus: 28.06mg (2.81%), Copper: 0.05mg (2.29%), Potassium: 77.19mg (2.21%), Magnesium: 6.81mg (1.7%), Vitamin B5: 0.16mg (1.61%), Vitamin B6: 0.03mg (1.47%), Zinc: 0.17mg (1.15%), Vitamin C: 0.86mg (1.04%)