



Fried Apple Pies

READY IN



180 min.

SERVINGS



12

CALORIES



1611 kcal

DESSERT

Ingredients

- ☐ 2 cups unfiltered apple cider
- ☐ 2 cups unsulfured apples dried
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon cinnamon
- ☐ 1 large eggs lightly beaten
- ☐ 2.5 cups flour all-purpose
- ☐ 4 tablespoons ice water
- ☐ 1 teaspoon lemon zest grated
- ☐ 2.5 tablespoons brown sugar light packed

- ☐ 0.8 teaspoon salt
- ☐ 3 tablespoons butter unsalted cold cut into 1/2-inch cubes
- ☐ 2 quarts vegetable oil
- ☐ 3 tablespoons vegetable shortening cold cut into 1/2-inch pieces (preferably trans-fat-free)
- ☐ 1.5 cups water

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ whisk
- ☐ wire rack
- ☐ pot
- ☐ blender
- ☐ plastic wrap
- ☐ potato masher
- ☐ kitchen thermometer
- ☐ rolling pin

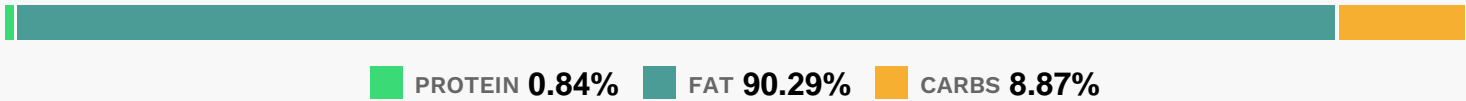
Directions

- ☐ Blend together flour, butter, shortening, baking powder, and salt in a bowl with your fingertips or a pastry blender (or pulse in a food processor) until mixture just resembles coarse meal.
- ☐ Whisk egg with 1/4 cup ice water, then drizzle evenly over flour mixture and gently stir with a fork until incorporated.
- ☐ Squeeze a small handful: If it doesn't hold together, add more ice water, 1/2 tablespoon at a time, stirring (or pulsing) until incorporated.
- ☐ Gather dough and knead just until smooth, 3 or 4 times, on a lightly floured surface (do not overwork, or pastry will be tough). Form dough into 2 (5-inch) disks and chill, wrapped in

plastic wrap, until firm, at least 1 hour.

- ☐ Briskly simmer all filling ingredients and a pinch of salt in a heavy medium saucepan, uncovered, stirring occasionally and mashing apples with a potato masher as they soften, until a thick purée forms, about 20 minutes. Cool completely.
- ☐ Divide 1 disk of dough into 6 equal pieces.
- ☐ Roll out 1 piece on a lightly floured surface with a lightly floured rolling pin into a 6-inch round, then put 2 heaping tablespoons of filling in center. Lightly moisten edge with water and fold dough over to form a half-circle, pressing out air around filling, then pressing edge to seal.
- ☐ Transfer to a large sheet of parchment paper and press floured tines of a fork around edge. Make more pies with remaining dough and filling (you may have some filling left over).
- ☐ Set a cooling rack on a large baking sheet or tray.
- ☐ Heat 2 inches of oil in a 4- to 5-quart heavy pot (preferably cast-iron) over medium heat until it registers 360 to 370°F on thermometer. Fry pies, 3 or 4 at a time, turning occasionally, until deep golden-brown, 7 to 8 minutes per batch.
- ☐ Transfer to rack to drain. Return oil to 360 to 370°F between batches.
- ☐ Dust warm pies with confectioners sugar before serving.

Nutrition Facts



Properties

Glycemic Index:20.15, Glycemic Load:18.62, Inflammation Score:-4, Nutrition Score:13.479565348314%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epicatechin: 1.85mg, Epicatechin: 1.85mg, Epicatechin: 1.85mg, Epicatechin: 1.85mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 1611.21kcal (80.56%), Fat: 164.51g (253.1%), Saturated Fat: 26.84g (167.75%), Carbohydrates: 36.4g (12.13%), Net Carbohydrates: 34.33g (12.48%), Sugar: 14.5g (16.11%), Cholesterol: 23.02mg (7.68%), Sodium: 204.11mg (8.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.85%), Vitamin K: 292.54µg (278.61%), Vitamin E: 13.32mg (88.8%), Selenium: 10.4µg (14.86%), Vitamin B1: 0.22mg (14.35%), Folate: 49.77µg (12.44%), Manganese: 0.23mg (11.51%), Vitamin B2: 0.18mg (10.5%), Iron: 1.62mg (9.02%), Vitamin B3: 1.71mg (8.54%), Fiber: 2.07g (8.28%), Phosphorus: 52.87mg (5.29%), Potassium: 142.55mg (4.07%), Copper: 0.08mg (4.02%),

Calcium: 35.69mg (3.57%), Magnesium: 11.27mg (2.82%), Vitamin B5: 0.26mg (2.62%), Vitamin B6: 0.05mg (2.25%),
Vitamin A: 110.56IU (2.21%), Zinc: 0.28mg (1.88%), Vitamin C: 1.13mg (1.37%)