



Gluten Free Brown Butter Apple Hand Pies

 Vegetarian  Gluten Free

READY IN



85 min.

SERVINGS



8

CALORIES



209 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 apples peeled thinly sliced
- ☐ 0.3 cup brown sugar
- ☐ 6 tablespoons butter
- ☐ 1 eggs
- ☐ 2 eggs
- ☐ 2 tablespoons baking flour gluten-free all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg

- ☐ 4 teaspoons juice of lemon
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoon water
- ☐ 0.3 cup sugar white
- ☐ 1 teaspoon sugar white or as needed
- ☐ 2 teaspoons xanthan gum

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk

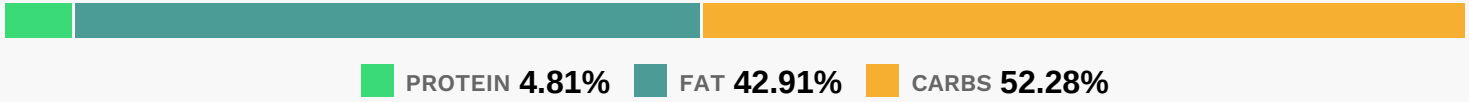
Directions

- ☐ Pulse 2 1/2 cups flour, 2 tablespoons sugar, xanthan gum, and salt together in a food processor; add 3/4 cup butter, 2 eggs, and cold water. Blend until evenly mixed and crumbly but holds together when pinched; add more cold water, 1 tablespoon at a time, if needed. Form dough into a ball, place in a bowl, and chill for 30 minutes.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix apples, 1/4 cup white sugar, brown sugar, 2 tablespoons flour, lemon juice, vanilla extract, cinnamon, and nutmeg in a large bowl.
- ☐ Melt 6 tablespoons butter in a saucepan over medium heat until foamy; continue cooking and stirring until butter is brown with a nutty aroma, 3 to 5 minutes.
- ☐ Pour browned butter over apple mixture; stir to coat.
- ☐ Roll dough out on a lightly floured surface to 1/8-inch thickness; cut into 4-inch circles.
- ☐ Whisk 1 egg and 1 tablespoon water together in a bowl; brush egg wash over each circle of dough. Spoon about 2 tablespoons apple filling on 1 half of each circle; fold the other half over

the filling. Crimp the edges of each pie together using a fork.

- ☐
- Place pies on a baking sheet; brush tops with egg wash and sprinkle with 1 teaspoon white sugar.
- ☐
- Bake in the preheated oven until pies are lightly browned, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:37.15, Glycemic Load:8.05, Inflammation Score:-3, Nutrition Score:3.7839130603749%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

Nutrients (% of daily need)

Calories: 209.32kcal (10.47%), Fat: 10.35g (15.93%), Saturated Fat: 5.96g (37.23%), Carbohydrates: 28.38g (9.46%), Net Carbohydrates: 25.35g (9.22%), Sugar: 23.14g (25.71%), Cholesterol: 83.96mg (27.99%), Sodium: 406.38mg (17.67%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Protein: 2.61g (5.22%), Fiber: 3.03g (12.11%), Vitamin A: 401.22IU (8.02%), Selenium: 5.3µg (7.57%), Vitamin C: 5.16mg (6.25%), Vitamin B2: 0.1mg (6.17%), Phosphorus: 47.91mg (4.79%), Potassium: 138.49mg (3.96%), Vitamin E: 0.59mg (3.92%), Vitamin B6: 0.07mg (3.5%), Manganese: 0.07mg (3.35%), Vitamin B5: 0.33mg (3.33%), Iron: 0.53mg (2.96%), Folate: 11.42µg (2.86%), Vitamin B12: 0.16µg (2.74%), Vitamin K: 2.83µg (2.69%), Calcium: 25.98mg (2.6%), Vitamin D: 0.33µg (2.2%), Copper: 0.04mg (2.13%), Magnesium: 7.78mg (1.95%), Zinc: 0.27mg (1.79%), Vitamin B1: 0.02mg (1.57%)