



Green Tomato Mincemeat Fried Pies

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



377 kcal

DESSERT

Ingredients

- 3.8 cups brown sugar packed
- 0.5 cup butter shortening flavored
- 2 cups flour all-purpose
- 2 pounds tomatoes green
- 1.5 teaspoons ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon ground nutmeg
- 3 tablespoons ice water

- 0.3 cup juice of lemon
- 1 teaspoon lemon zest
- 1.5 pounds raisins
- 1 teaspoon salt
- 3 cups shortening for frying
- 3 pounds tart apples cored peeled chopped
- 3 cups water
- 0.8 cup distilled vinegar white

Equipment

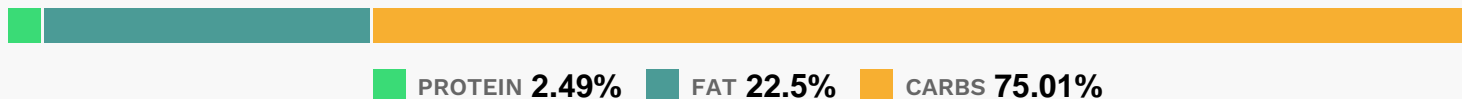
- bowl
- frying pan
- paper towels
- sauce pan
- colander

Directions

- Chop the tomatoes very coarsely.
- Place tomatoes in a colander and drain, by pressing with your hand, all the tomato juice possible.
- Put the tomatoes in a large sauce pan with 1 cup of water, heat to boil, drain well.
- Put the tomatoes back in the sauce pan with 1 cup of water, heat to boil, drain again.
- Now, put the tomatoes back in the sauce pan with one cup of water, apples, raisins, brown sugar, 3 1/2 teaspoons salt, vinegar and 1/2 cup shortening. cook slowly until transparent.(30 min.)Stir often.
- In the last 5 minutes of cooking, add cinnamon, nutmeg, cloves, lemon rind and juice.
- For the Pastry: In a large bowl, combine flour, 1 teaspoon salt and shortening.
- Add ice water,1 tablespoon at a time, until the dough barely holds together.
- Roll dough out to 1/8 inch thick on floured surface.

- Cut a 5 inch circle, place a large spoonful of filling on one half of the circle. Fold over and seal the edges by pressing them with a fork. Continue until all dough is used.
- In a large skillet,
- Heat shortening to 360 degrees F (182 degrees C). place 4 pies in the hot shortening at a time. Fry until golden-brown on both sides.
- Drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:12.12, Glycemic Load:19.79, Inflammation Score:-4, Nutrition Score:7.1404347523399%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 4.27mg, Epicatechin: 4.27mg, Epicatechin: 4.27mg, Epicatechin: 4.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 376.7kcal (18.84%), Fat: 9.87g (15.19%), Saturated Fat: 2.47g (15.43%), Carbohydrates: 74.06g (24.69%), Net Carbohydrates: 69.94g (25.43%), Sugar: 40.88g (45.42%), Cholesterol: 0mg (0%), Sodium: 122.54mg (5.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.92%), Vitamin C: 14.08mg (17.07%), Fiber: 4.11g (16.46%), Manganese: 0.31mg (15.28%), Potassium: 433.14mg (12.38%), Vitamin B1: 0.15mg (9.92%), Iron: 1.76mg (9.77%), Vitamin K: 10.25µg (9.76%), Copper: 0.17mg (8.69%), Vitamin B2: 0.13mg (7.86%), Folate: 25.97µg (6.49%), Vitamin B6: 0.13mg (6.4%), Selenium: 4.32µg (6.17%), Vitamin B3: 1.22mg (6.08%), Vitamin E: 0.84mg (5.61%), Vitamin A: 274.07IU (5.48%), Magnesium: 21.51mg (5.38%), Phosphorus: 51.58mg (5.16%), Calcium: 50.12mg (5.01%), Vitamin B5: 0.4mg (3.96%), Zinc: 0.2mg (1.3%)