



Honeyed Apple-Cranberry Fried Pies

 Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



276 kcal

DESSERT

Ingredients

- ☐ 1 cup cranberries fresh
- ☐ 2 granny smith apples peeled chopped
- ☐ 0.8 teaspoon ground cinnamon divided
- ☐ 2 tablespoons honey
- ☐ 15 ounce piecrusts refrigerated
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon sugar

☐ 18 servings vegetable oil

Equipment

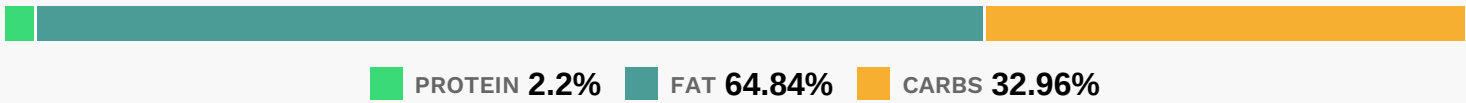
☐ frying pan

☐ sauce pan

Directions

- ☐ Cook first 5 ingredients and 1/2 teaspoon ground cinnamon in a large saucepan over medium heat 5 minutes; reduce heat to medium-low, and cook, stirring occasionally, 20 minutes or until apples are tender. Cool completely, and drain.
- ☐ Roll piecrusts to 12-inch circles; cut each crust into 9 (4-inch) circles.
- ☐ Spoon 1 level tablespoon fruit mixture onto half of each pastry circle. Moisten edges with water; fold dough over fruit mixture, pressing edges to seal. Crimp edges with a fork dipped in flour.
- ☐ Pour oil to depth of 1/2 inch into a large heavy skillet; heat to 35
- ☐ Fry pies, in batches, 2 minutes on each side.
- ☐ Combine 1 tablespoon sugar and remaining 1/4 teaspoon cinnamon, and sprinkle over hot pies.
- ☐ *Thawed frozen cranberries or dried cranberries may be substituted for fresh cranberries.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:6.3, Inflammation Score:-1, Nutrition Score:3.5673912802468%

Flavonoids

Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 2.74mg, Peonidin: 2.74mg, Peonidin: 2.74mg, Peonidin: 2.74mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg

Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 276.05kcal (13.8%), Fat: 20.22g (31.11%), Saturated Fat: 4.07g (25.43%), Carbohydrates: 23.13g (7.71%), Net Carbohydrates: 21.81g (7.93%), Sugar: 10.47g (11.63%), Cholesterol: 0mg (0%), Sodium: 113.25mg (4.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.09%), Vitamin K: 28.22µg (26.88%), Vitamin E: 1.37mg (9.1%), Manganese: 0.15mg (7.41%), Fiber: 1.32g (5.3%), Vitamin B1: 0.07mg (4.61%), Folate: 17.25µg (4.31%), Iron: 0.67mg (3.74%), Vitamin B3: 0.67mg (3.33%), Vitamin B2: 0.05mg (2.86%), Vitamin C: 1.72mg (2.09%), Selenium: 1.41µg (2.02%), Phosphorus: 19.99mg (2%), Potassium: 50.7mg (1.45%), Copper: 0.03mg (1.39%), Vitamin B5: 0.13mg (1.26%), Magnesium: 4.99mg (1.25%), Vitamin B6: 0.02mg (1.2%)