



Maple Apple Pandowdy with Dried Cranberries

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



330 kcal

DESSERT

Ingredients

- ☐ 2.8 pounds apples cored peeled halved cut into 1/8-inch-thick slices (such as Braeburn or Jonagold)
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.8 cup maple syrup pure
- ☐ 0.3 teaspoon sea salt fine
- ☐ 1 tablespoon sugar
- ☐ 0.3 cup cranberries dried sweetened
- ☐ 1 tablespoon butter unsalted cut into 1/4-inch cubes
- ☐ 8 servings whipped cream

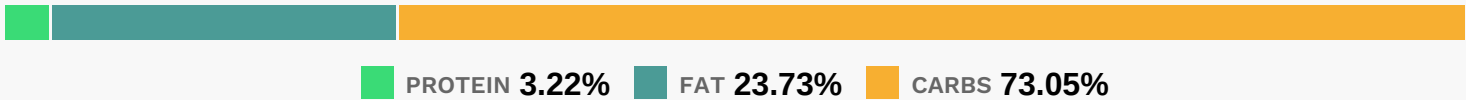
Equipment

- ☐ oven
- ☐ knife

Directions

- ☐ Position rack in bottom third of oven; preheat to 350°F.
- ☐ Mix first 5 ingredients in 13x9x2-inch oval baking dish. Dot butter over apple mixture.
- ☐ Place crust atop filling. Fold dough edges under; crimp decoratively. Using small knife, cut eight 1-inch squares in crust, spacing apart and cutting through crust but leaving squares in place.
- ☐ Bake until crust is dry but still pale, about 35 minutes. Increase temperature to 400°F.
- ☐ Sprinkle crust with 1 tablespoon sugar; continue to bake until apples are tender, crust is golden, and juices bubble, about 35 minutes (mixture will be syrupy). DO AHEAD: Can be made 2 days ahead. Cool, cover, and chill. Rewarm uncovered in 300°F oven 20 minutes. Cool 15 to 20 minutes.
- ☐ Serve warm with ice cream.

Nutrition Facts



Properties

Glycemic Index:24.95, Glycemic Load:23.38, Inflammation Score:-4, Nutrition Score:8.2856522124747%

Flavonoids

Cyanidin: 2.47mg, Cyanidin: 2.47mg, Cyanidin: 2.47mg, Cyanidin: 2.47mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 11.74mg, Epicatechin: 11.74mg, Epicatechin: 11.74mg, Epicatechin: 11.74mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin:

0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg

Nutrients (% of daily need)

Calories: 330.02kcal (16.5%), Fat: 9g (13.85%), Saturated Fat: 5.43g (33.93%), Carbohydrates: 62.32g (20.77%), Net Carbohydrates: 57.91g (21.06%), Sugar: 52.64g (58.49%), Cholesterol: 32.8mg (10.93%), Sodium: 130.18mg (5.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.5%), Manganese: 0.76mg (38.25%), Vitamin B2: 0.58mg (34.4%), Fiber: 4.42g (17.66%), Calcium: 127.79mg (12.78%), Vitamin C: 9.03mg (10.94%), Potassium: 372.28mg (10.64%), Phosphorus: 87.47mg (8.75%), Vitamin A: 406.02IU (8.12%), Magnesium: 23.79mg (5.95%), Vitamin B1: 0.08mg (5%), Vitamin B6: 0.1mg (4.94%), Vitamin B5: 0.49mg (4.94%), Zinc: 0.74mg (4.91%), Vitamin B12: 0.26µg (4.34%), Vitamin E: 0.6mg (4.03%), Vitamin K: 4.04µg (3.85%), Copper: 0.06mg (3.04%), Folate: 8.78µg (2.2%), Selenium: 1.24µg (1.77%), Iron: 0.3mg (1.66%), Vitamin B3: 0.27mg (1.34%), Vitamin D: 0.16µg (1.06%)