



Mini Apple Pies

 Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



110 kcal

DESSERT

Ingredients

- 2 apples cored finely chopped ()
- 1 tablespoon flour all-purpose gold medal®
- 0.5 teaspoon ground cinnamon
- 1 pie crust dough refrigerated softened pillsbury®
- 2 tablespoons sugar
- 1 teaspoon vanilla

Equipment

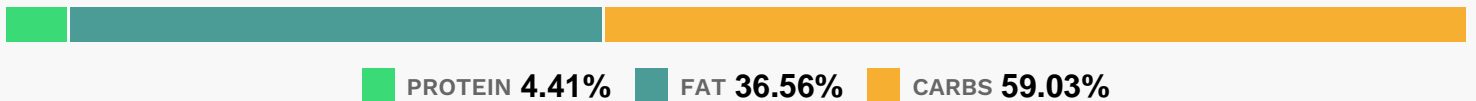
- bowl

- frying pan
- oven
- knife
- cookie cutter
- muffin liners
- rolling pin

Directions

- Heat oven to 425°F.
- Remove crust from pouch; unroll on work surface. Using large round cookie cutter, cut out rounds. Gather up any scraps; reroll with rolling pin and cut out more rounds to make a total of 1
- Press each crust round into ungreased regular-size muffin cup.
- In medium bowl, stir together apples, sugar, flour, cinnamon and vanilla. Divide mixture evenly among crust-lined muffin cups.
- Bake 18 to 20 minutes or until crusts are golden brown and mixture is bubbly. Cool completely in pan, about 30 minutes. With knife, loosen edges; remove mini pies from muffin cups.

Nutrition Facts



Properties

Glycemic Index:18.21, Glycemic Load:3.42, Inflammation Score:-1, Nutrition Score:1.8747826127902%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 109.99kcal (5.5%), Fat: 4.51g (6.94%), Saturated Fat: 1.4g (8.74%), Carbohydrates: 16.38g (5.46%), Net Carbohydrates: 15.01g (5.46%), Sugar: 6.24g (6.93%), Cholesterol: 0mg (0%), Sodium: 69.98mg (3.04%), Alcohol: 0.14g (100%), Alcohol %: 0.31% (100%), Protein: 1.22g (2.45%), Manganese: 0.11mg (5.57%), Fiber: 1.37g (5.49%), Vitamin B1: 0.06mg (3.93%), Folate: 14.37µg (3.59%), Iron: 0.53mg (2.95%), Vitamin B3: 0.54mg (2.7%), Vitamin B2: 0.04mg (2.53%), Vitamin C: 1.68mg (2.03%), Vitamin K: 2.08µg (1.98%), Selenium: 1.24µg (1.77%), Phosphorus: 17.14mg (1.71%), Potassium: 57.31mg (1.64%), Copper: 0.02mg (1.22%), Vitamin B6: 0.02mg (1.2%), Magnesium: 4.64mg (1.16%)