



## Mini Apple Pies

 Vegetarian

READY IN



45 min.

SERVINGS



45

CALORIES



75 kcal

DESSERT

## Ingredients

- ☐ 0.5 teaspoon cinnamon
- ☐ 4 ounces cream cheese at room temperature
- ☐ 0.3 cup flour all-purpose
- ☐ 1.3 cups flour all-purpose
- ☐ 1 lb apples i use 2 granny smith apples cored peeled cut into 1/4-inch dice
- ☐ 1 tablespoon brown sugar light packed
- ☐ 1 pinch salt
- ☐ 1 tablespoon sugar

- ☐ 5 tablespoons sugar
- ☐ 1 tablespoon butter unsalted
- ☐ 3 tablespoons butter unsalted chilled cut into small pieces
- ☐ 10 tablespoon butter unsalted at room temperature
- ☐ 0.3 cup walnut pieces finely chopped

## Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ spatula
- ☐ muffin liners
- ☐ muffin tray

## Directions

- ☐ Make filling: Cook filling ingredients in a medium pan over low heat, stirring, until butter has melted. Raise heat to medium-high; cook for 5 minutes, stirring, until apples release juice.
- ☐ Let cool.
- ☐ Make crust: Beat cream cheese and butter until combined.
- ☐ Add flour and salt; mix just until dough forms. Divide into 24 1-inch balls. Press 1 ball in each cup of a miniature muffin tin so dough covers sides and bottom evenly. (If dough is very soft, chill for 10 minutes before dividing and shaping.)
- ☐ Mix flour, both sugars, cinnamon and salt. Rub in butter with your fingers until mixture resembles coarse crumbs. Toss in walnuts.
- ☐ Preheat oven to 350F. Divide filling among muffin cups, leaving juices behind. Gently press topping over apples.
- ☐ Bake until golden, 30 to 40 minutes.
- ☐ Let cool on a wire rack for 15 minutes. Using a small metal spatula, remove pies and place on rack to cool completely.

## Nutrition Facts



**PROTEIN 4.32%** **FAT 58.94%** **CARBS 36.74%**

## Properties

Glycemic Index:8.32, Glycemic Load:4.09, Inflammation Score:-1, Nutrition Score:1.3156521773857%

## Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

## Nutrients (% of daily need)

Calories: 75.04kcal (3.75%), Fat: 5.03g (7.74%), Saturated Fat: 2.81g (17.56%), Carbohydrates: 7.06g (2.35%), Net Carbohydrates: 6.62g (2.41%), Sugar: 3.04g (3.37%), Cholesterol: 11.91mg (3.97%), Sodium: 9.56mg (0.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.66%), Manganese: 0.07mg (3.46%), Vitamin A: 148.37IU (2.97%), Vitamin B1: 0.04mg (2.79%), Selenium: 1.89µg (2.69%), Folate: 9.99µg (2.5%), Vitamin B2: 0.03mg (2.02%), Fiber: 0.44g (1.75%), Vitamin B3: 0.3mg (1.48%), Iron: 0.26mg (1.45%), Phosphorus: 12.87mg (1.29%), Copper: 0.02mg (1.23%)