



Neely's Fried Apple Pie A La Mode

READY IN

ready

30 min.

SERVINGS

servings

8

CALORIES

calories

577 kcal

DESSERT

Ingredients

- ☐ 2 gala apples cored peeled chopped
- ☐ 2 granny smith apples cored peeled chopped
- ☐ 0.5 cup granulated sugar
- ☐ 1 tablespoon ground cinnamon
- ☐ 2 tablespoons ground cinnamon divided
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.5 juice of lemon juiced
- ☐ 0.3 cup brown sugar light
- ☐ 1 tablespoon maple syrup

- ☐ 0.1 teaspoon nutmeg freshly grated
- ☐ 8 servings vegetable oil; peanut oil preferred for frying
- ☐ 1 box ready-made pie crusts recommended: Pillsbury
- ☐ 4 tablespoons butter unsalted
- ☐ 8 servings whipped cream for topping

Equipment

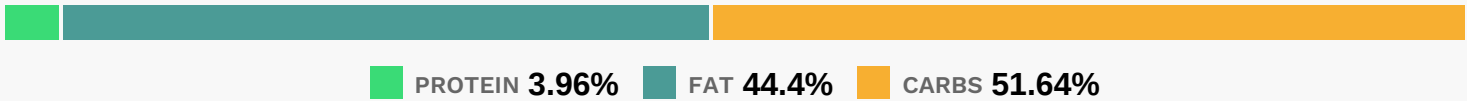
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ To a large saute pan over medium heat, melt the butter. Stir in the brown sugar, and the apples and saute until they are tender, about 5 to 6 minutes.
- ☐ Drizzle in the maple syrup, lemon juice, cinnamon, ginger, and nutmeg. Continue cooking for 5 minutes more until the apples are completely softened.
- ☐ Remove them from the pan and allow them to cool while you prepare the dough.
- ☐ Roll out both pieces of pie dough onto a floured surface.
- ☐ Cut out eight 6-inch circles and lay them out onto a parchment-lined sheet tray. Put a heaping tablespoon of the apple pie filling into the center of each round Fold the circles in half and seal their edges with the tines of a fork.
- ☐ In a deep-fryer or heavy-bottomed pot, heat enough peanut oil to come halfway up the sides of the pot, to 350 degrees F.
- ☐ Whisk together the sugar and cinnamon in a small bowl and reserve.
- ☐ Fry the pies, 3 at a time, in the hot peanut oil until they are golden brown and crisp, about 3 minutes.

Transfer the finished pies to a paper towel-lined sheet tray. Once they are cool, toss them in the cinnamon sugar and serve with vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:38.95, Glycemic Load:21.93, Inflammation Score:-5, Nutrition Score:10.053913100906%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

Nutrients (% of daily need)

Calories: 576.58kcal (28.83%), Fat: 29.02g (44.65%), Saturated Fat: 12.68g (79.23%), Carbohydrates: 75.93g (25.31%), Net Carbohydrates: 70.42g (25.61%), Sugar: 44.23g (49.14%), Cholesterol: 44.09mg (14.7%), Sodium: 261.6mg (11.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.83g (11.66%), Manganese: 0.87mg (43.34%), Fiber: 5.51g (22.04%), Vitamin B2: 0.31mg (17.95%), Calcium: 139.98mg (14%), Vitamin B1: 0.18mg (12.22%), Phosphorus: 119.51mg (11.95%), Folate: 41.9µg (10.47%), Vitamin A: 511.44IU (10.23%), Iron: 1.79mg (9.96%), Potassium: 309.7mg (8.85%), Vitamin E: 1.27mg (8.44%), Vitamin B3: 1.57mg (7.85%), Vitamin K: 7.3µg (6.95%), Vitamin B5: 0.67mg (6.72%), Vitamin C: 5.42mg (6.57%), Selenium: 4.4µg (6.28%), Magnesium: 24.68mg (6.17%), Zinc: 0.8mg (5.35%), Vitamin B6: 0.1mg (5.15%), Copper: 0.09mg (4.68%), Vitamin B12: 0.27µg (4.49%), Vitamin D: 0.24µg (1.58%)