



Old-Fashioned Apple Raisin Dumplings

READY IN



1545 min.

SERVINGS



6

CALORIES



646 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups apple cider
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 cup breadcrumbs fresh
- ☐ 0.3 teaspoon cinnamon
- ☐ 2 cups flour all-purpose
- ☐ 0.5 pound apples i use 2 granny smith apples cored peeled cut into 1/2-inch pieces
- ☐ 3 tablespoons granulated sugar for sprinkling
- ☐ 1 cup brown sugar light packed
- ☐ 0.5 cup milk whole for brushing

- ☐ 0.3 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons butter unsalted cold cut into pieces
- ☐ 6 servings whipped cream
- ☐ 2 tablespoons shortening cold

Equipment

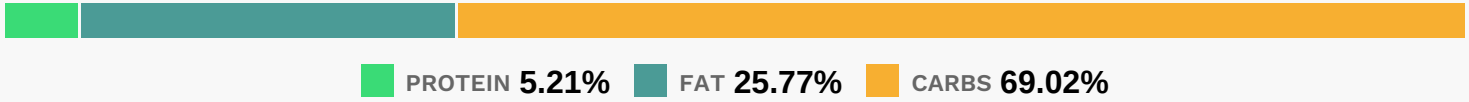
- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ rolling pin
- ☐ glass baking pan

Directions

- ☐ Toss together all filling ingredients.
- ☐ Preheat oven to 425°F.
- ☐ Sift together flour, baking powder, salt, and 3 tablespoons granulated sugar into a bowl. Blend in butter and shortening with a pastry blender or your fingertips until mixture resembles coarse meal.
- ☐ Add 1/2 cup milk and stir with a fork just until mixture is moistened.
- ☐ Turn out dough onto a floured work surface and gently knead 7 to 8 times, or until a soft dough forms (do not overwork dough, or dumplings will be tough).
- ☐ Roll out dough on a well-floured surface with a floured rolling pin into a rough 16- by 11-inch rectangle (about 3/4 inch thick). Trim to a 15- by 10-inch rectangle. Halve dough lengthwise, then cut crosswise in thirds (to form 6 squares).
- ☐ Divide filling among centers of squares. Bring all 4 corners together over filling and pinch together to seal.
- ☐ Transfer dumplings to a well-buttered 13- by 9- by 2-inch ceramic or glass baking dish and arrange about 1 inch apart.
- ☐ Brush tops with remaining 1/2 tablespoon milk and sprinkle with remaining 1/2 tablespoon granulated sugar.

- ☐ Bring cider and brown sugar to a boil, stirring until sugar is dissolved.
- ☐ Pour syrup around dumplings, then bake dumplings until golden brown and syrup is bubbling, 20 to 25 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:78.77, Glycemic Load:44.55, Inflammation Score:-6, Nutrition Score:13.064347826916%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 646.08kcal (32.3%), Fat: 18.79g (28.9%), Saturated Fat: 9.7g (60.61%), Carbohydrates: 113.23g (37.74%), Net Carbohydrates: 109.75g (39.91%), Sugar: 66.62g (74.02%), Cholesterol: 46.53mg (15.51%), Sodium: 456.67mg (19.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.55g (17.1%), Vitamin B1: 0.45mg (30.17%), Vitamin B2: 0.45mg (26.74%), Selenium: 17.87µg (25.53%), Calcium: 247.48mg (24.75%), Manganese: 0.46mg (23.15%), Folate: 87.93µg (21.98%), Phosphorus: 191.48mg (19.15%), Iron: 3.03mg (16.84%), Vitamin B3: 3.17mg (15.84%), Fiber: 3.48g (13.91%), Potassium: 435.91mg (12.45%), Vitamin A: 506.98IU (10.14%), Magnesium: 34.54mg (8.63%), Vitamin B5: 0.82mg (8.16%), Copper: 0.15mg (7.58%), Vitamin B12: 0.4µg (6.67%), Zinc: 0.98mg (6.53%), Vitamin B6: 0.13mg (6.32%), Vitamin E: 0.74mg (4.92%), Vitamin K: 4.4µg (4.19%), Vitamin C: 3.1mg (3.76%), Vitamin D: 0.46µg (3.07%)