



Peach Dumplings

READY IN



100 min.

SERVINGS



10

CALORIES



286 kcal

SIDE DISH

Ingredients

- 0.3 cup butter melted
- 0.1 teaspoon ground cinnamon
- 20 oz peaches frozen divided thawed ripe peeled sliced
- 14.1 oz piecrusts refrigerated
- 0.5 cup sugar

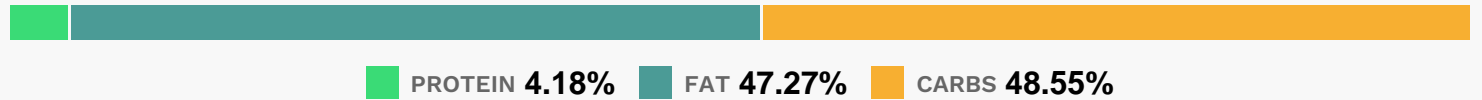
Equipment

- oven
- baking pan

Directions

- Preheat oven to 35
- Unroll piecrusts on a lightly floured surface, and roll each into a 10-inch circle.
- Cut 5 (4-inch) circles from each crust.
- Roll each circle into an approximately 5 1/2-inch circle.
- Coarsely chop 2 cups peach slices. Divide chopped peaches among dough, placing in center of each circle (about 1/4 cup per circle). Pull dough edges over peaches, and gather in center, pinching to seal and form a bundle.
- Place in a lightly greased 11- x 7-inch baking dish. Arrange remaining peaches around bundles.
- Stir together sugar, next 2 ingredients, and 1/2 cup water until blended.
- Pour over bundles and peaches.
- Bake at 350 for 1 hour or until golden brown. Cool 10 minutes.

Nutrition Facts



Properties

Glycemic Index:16.53, Glycemic Load:8.95, Inflammation Score:-3, Nutrition Score:4.3421739197296%

Flavonoids

Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 285.74kcal (14.29%), Fat: 15.21g (23.4%), Saturated Fat: 6.19g (38.68%), Carbohydrates: 35.14g (11.71%), Net Carbohydrates: 33.28g (12.1%), Sugar: 14.74g (16.38%), Cholesterol: 12.2mg (4.07%), Sodium: 207.45mg (9.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.06%), Manganese: 0.22mg (10.8%), Vitamin B1: 0.12mg (8.25%), Folate: 31.55µg (7.89%), Vitamin B3: 1.54mg (7.69%), Fiber: 1.86g (7.45%), Iron: 1.24mg (6.89%), Vitamin A: 327.13IU (6.54%), Vitamin B2: 0.09mg (5.26%), Selenium: 3.59µg (5.12%), Vitamin E: 0.73mg (4.87%), Vitamin K:

5.02µg (4.78%), Phosphorus: 42.63mg (4.26%), Copper: 0.08mg (3.75%), Potassium: 109.62mg (3.13%), Vitamin C: 2.33mg (2.82%), Magnesium: 10.66mg (2.67%), Vitamin B5: 0.25mg (2.55%), Zinc: 0.32mg (2.11%), Vitamin B6: 0.03mg (1.72%), Calcium: 11.58mg (1.16%)