



Peggy's Classic Apple Dumplings

READY IN



75 min.

SERVINGS



6

CALORIES



854 kcal

SIDE DISH

Ingredients

- ☐ 1.8 lb rome apples
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 cup butter cut into 6 equal pieces
- ☐ 2 tablespoons butter
- ☐ 2.3 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon divided
- ☐ 0.5 teaspoon ground nutmeg divided
- ☐ 0.5 cup milk
- ☐ 0.5 cup pecans toasted chopped

- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup shortening
- ☐ 0.3 cup sugar
- ☐ 1.5 cups sugar

Equipment

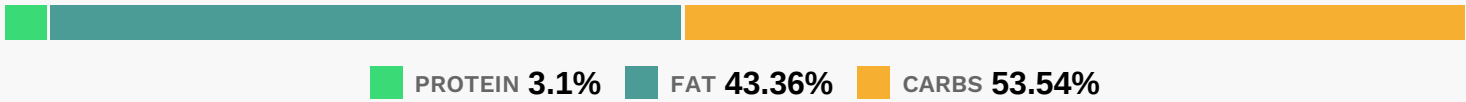
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Combine 1 1/2 cups sugar, 1/4 tsp. cinnamon, and 1/4 tsp. nutmeg in a saucepan. Stir in 1 1/2 cups water; bring to a boil. Reduce heat; simmer, stirring occasionally, 5 minutes.
- ☐ Remove from heat; stir in 2 Tbsp. butter.
- ☐ Combine flour, baking powder, and salt.
- ☐ Cut in shortening with a pastry blender until crumbly. Cover and chill. Meanwhile, peel and core apples.
- ☐ Stir milk into flour mixture until moistened. Turn out onto a lightly floured surface, and knead 3 to 4 times.
- ☐ Roll into an 18- x 12-inch rectangle.
- ☐ Cut into 6 (6-inch) squares.
- ☐ Place 1 apple in center of each square.
- ☐ Combine 1/3 cup sugar and remaining 1/4 tsp. cinnamon and 1/4 tsp. nutmeg; sprinkle over apples. Press 1 piece of butter into each apple center. Moisten edges of dough with water; fold dough over apples, pinching edges to seal.
- ☐ Place dumplings in a lightly greased 13- x 9-inch baking dish.
- ☐ Pour sugar syrup over dumplings.
- ☐ Bake at 375 for 40 minutes or until golden brown.

Sprinkle with pecans.

Nutrition Facts



Properties

Glycemic Index:93.7, Glycemic Load:74.14, Inflammation Score:-6, Nutrition Score:13.590000100758%

Flavonoids

Cyanidin: 3.05mg, Cyanidin: 3.05mg, Cyanidin: 3.05mg, Cyanidin: 3.05mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg Epicatechin: 10.04mg, Epicatechin: 10.04mg, Epicatechin: 10.04mg, Epicatechin: 10.04mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg

Nutrients (% of daily need)

Calories: 854.29kcal (42.71%), Fat: 42.37g (65.18%), Saturated Fat: 14.05g (87.8%), Carbohydrates: 117.7g (39.23%), Net Carbohydrates: 112.26g (40.82%), Sugar: 76.27g (84.75%), Cholesterol: 32.81mg (10.94%), Sodium: 437.5mg (19.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.82g (13.64%), Manganese: 0.81mg (40.63%), Vitamin B1: 0.47mg (31.18%), Selenium: 17.14µg (24.49%), Folate: 92.31µg (23.08%), Fiber: 5.44g (21.75%), Vitamin B2: 0.32mg (18.97%), Vitamin K: 16.59µg (15.8%), Iron: 2.78mg (15.45%), Vitamin B3: 3.03mg (15.13%), Phosphorus: 143.94mg (14.39%), Vitamin E: 2.13mg (14.21%), Calcium: 131.01mg (13.1%), Copper: 0.22mg (10.96%), Vitamin A: 463.11IU (9.26%), Magnesium: 31.41mg (7.85%), Potassium: 265.68mg (7.59%), Vitamin C: 6.2mg (7.51%), Vitamin B5: 0.61mg (6.11%), Zinc: 0.9mg (6.01%), Vitamin B6: 0.11mg (5.38%), Vitamin B12: 0.13µg (2.23%), Vitamin D: 0.22µg (1.49%)