



Quick Apple Bundles

READY IN



45 min.

SERVINGS



4

CALORIES



1039 kcal

SIDE DISH

Ingredients

- ☐ 12 ounce apples frozen thawed
- ☐ 12 ounce butterscotch topping warmed
- ☐ 1 egg whites lightly beaten
- ☐ 15 ounce pie crust dough refrigerated
- ☐ 4 servings sugar

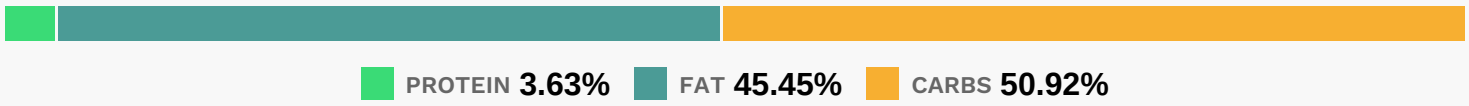
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Unfold piecrust according to package directions.
- ☐ Cut into fourths.
- ☐ Place apples evenly in center of each fourth. Pull corners over apples, pinching to seal.
- ☐ Place on a baking sheet; brush evenly with egg white, and sprinkle with sugar.
- ☐ Bake at 425 for 18 to 20 minutes or until golden.
- ☐ Serve warm with butterscotch topping.
- ☐ Note: For testing purposes only, we used Stouffer's Harvest Apples.

Nutrition Facts



Properties

Glycemic Index:40.52, Glycemic Load:45.72, Inflammation Score:-3, Nutrition Score:9.8991303728974%

Flavonoids

Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 1038.58kcal (51.93%), Fat: 52.58g (80.88%), Saturated Fat: 29.19g (182.47%), Carbohydrates: 132.5g (44.17%), Net Carbohydrates: 127.8g (46.47%), Sugar: 77.94g (86.6%), Cholesterol: 0mg (0%), Sodium: 523.92mg (22.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.46g (18.92%), Manganese: 0.5mg (25.13%), Vitamin B1: 0.32mg (21.32%), Folate: 78.12µg (19.53%), Fiber: 4.7g (18.8%), Vitamin B2: 0.3mg (17.75%), Iron: 2.95mg (16.37%), Vitamin B3: 3mg (14.99%), Vitamin K: 15.16µg (14.44%), Selenium: 8.74µg (12.48%), Phosphorus: 113.39mg (11.34%), Vitamin E: 1.22mg (8.14%), Potassium: 261.02mg (7.46%), Magnesium: 25.28mg (6.32%), Vitamin B5: 0.62mg (6.23%), Calcium: 54.86mg (5.49%), Copper: 0.11mg (5.39%), Vitamin B6: 0.1mg (5.1%), Vitamin C: 4mg (4.85%), Zinc: 0.61mg (4.06%), Vitamin B12: 0.09µg (1.53%)