



Quick Apple Dumplings

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



879 kcal

SIDE DISH

Ingredients

- ☐ 8 medium braeburn apples peeled cored
- ☐ 0.3 cup butter
- ☐ 0.5 teaspoon ground cinnamon divided
- ☐ 0.5 teaspoon ground nutmeg divided
- ☐ 3 tablespoons butter
- ☐ 30 ounce piecrusts refrigerated
- ☐ 0.7 cup sugar
- ☐ 1.5 cups sugar

☐ 2 cups water

Equipment

☐ sauce pan

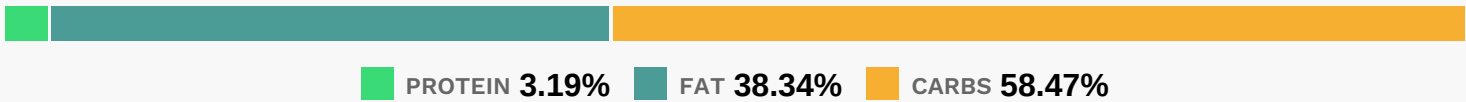
☐ oven

☐ baking pan

Directions

- ☐ Bring 1 1/2 cups sugar, 2 cups water, 1/4 teaspoon cinnamon, and 1/4 teaspoon nutmeg to a boil in a saucepan over medium-high heat, stirring constantly; reduce heat, and simmer, stirring occasionally, 10 minutes.
- ☐ Remove from heat, and stir in 1/4 cup butter. Set syrup aside.
- ☐ Combine 2/3 cup sugar, remaining 1/4 teaspoon cinnamon, and remaining 1/4 teaspoon nutmeg.
- ☐ Cut piecrusts in half, and roll into 8-inch circles.
- ☐ Place 1 apple in center of each circle.
- ☐ Sprinkle each evenly with sugar mixture; dot evenly with 3 tablespoons butter.
- ☐ Fold dough over apples, pinching to seal.
- ☐ Place in a lightly greased 13- x 9-inch baking dish.
- ☐ Drizzle with syrup.
- ☐ Bake at 375 for 40 to 45 minutes.
- ☐ Serve with vanilla ice cream, if desired.
- ☐ *Golden Delicious or Granny Smith apples may be substituted.

Nutrition Facts



Properties

Glycemic Index:30.9, Glycemic Load:44.48, Inflammation Score:-6, Nutrition Score:10.705652131335%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 878.74kcal (43.94%), Fat: 38.18g (58.74%), Saturated Fat: 10.82g (67.62%), Carbohydrates: 131.03g (43.68%), Net Carbohydrates: 123.91g (45.06%), Sugar: 73.02g (81.14%), Cholesterol: 0mg (0%), Sodium: 556.56mg (24.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.15g (14.29%), Fiber: 7.12g (28.47%), Manganese: 0.56mg (28.06%), Vitamin B1: 0.32mg (21.67%), Folate: 80.1µg (20.03%), Iron: 3.02mg (16.8%), Vitamin B3: 3.04mg (15.21%), Vitamin B2: 0.24mg (14.3%), Vitamin K: 11.8µg (11.24%), Vitamin A: 541.38IU (10.83%), Vitamin C: 8.41mg (10.19%), Phosphorus: 99.75mg (9.97%), Selenium: 6.39µg (9.13%), Potassium: 305.11mg (8.72%), Vitamin E: 1.2mg (8.01%), Copper: 0.14mg (7.19%), Magnesium: 26.31mg (6.58%), Vitamin B6: 0.13mg (6.46%), Vitamin B5: 0.55mg (5.52%), Calcium: 38.62mg (3.86%), Zinc: 0.57mg (3.78%)