



Skillet Fried Apple Pie

 Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



491 kcal

DESSERT

Ingredients

- ☐ 21 ounce peach pie filling canned
- ☐ 2 cans biscuits
- ☐ 10 servings confectioners' sugar for garnish, optional
- ☐ 2 tablespoons ground cinnamon for dusting plus more
- ☐ 10 servings oil for frying
- ☐ 0.3 cup sugar for dusting plus more
- ☐ 10 servings whipped cream for garnish, optional

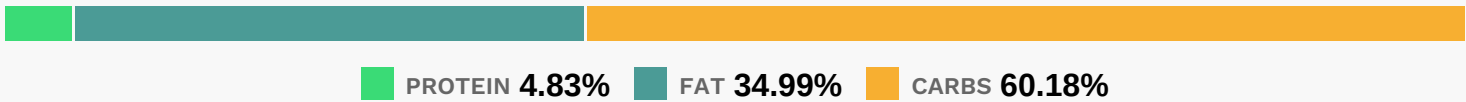
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Pour the oil into a large cast iron skillet about 1/2-inch up the sides and heat to about 350 degrees F.
- ☐ Remove biscuits from cans, flour them and roll each 1 out to a 5-inch round.
- ☐ Place 1 heaping tablespoon of fruit filling on a round leaving a 1/2-inch edge all around.
- ☐ Place another rolled out round on top of the filling, pressing around the edges to seal. You should dip your fingers in water and wipe around the edge of the bottom biscuit to enable it to stick to the top biscuit. Dip end of dinner fork in flour and press continuously around edge to insure a proper seal. Repeat with remaining biscuits. Makes 8 or 10 pies depending on the amount in your biscuit can.
- ☐ Place 3 or 4 of the pies in the preheated cast iron skillet. Fry for about 2 minutes per side or until golden brown.
- ☐ Transfer to paper towels to drain and sprinkle with cinnamon and sugar while still hot.
- ☐ Serve with whipped cream and confectioners' sugar, if desired.

Nutrition Facts



Properties

Glycemic Index:19.51, Glycemic Load:32.27, Inflammation Score:-3, Nutrition Score:11.380000089822%

Nutrients (% of daily need)

Calories: 491.29kcal (24.56%), Fat: 19.47g (29.96%), Saturated Fat: 3.34g (20.89%), Carbohydrates: 75.36g (25.12%), Net Carbohydrates: 72.71g (26.44%), Sugar: 24.76g (27.51%), Cholesterol: 5.48mg (1.83%), Sodium: 899.24mg (39.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.04g (12.09%), Phosphorus: 407.85mg (40.79%), Manganese: 0.66mg (32.92%), Vitamin B1: 0.4mg (26.95%), Selenium: 17.76µg (25.37%), Iron: 3.37mg (18.7%), Vitamin B2: 0.28mg (16.67%), Folate: 64.96µg (16.24%), Vitamin B3: 3.14mg (15.72%), Vitamin E: 1.81mg (12.06%), Fiber: 2.65g (10.58%), Potassium: 249.74mg (7.14%), Calcium: 69.88mg (6.99%), Vitamin K: 6.7µg (6.38%), Copper: 0.12mg (5.82%), Magnesium: 18.52mg (4.63%), Zinc: 0.52mg (3.47%), Vitamin B5: 0.33mg (3.26%), Vitamin B6: 0.06mg (2.9%), Vitamin B12: 0.15µg (2.45%), Vitamin C: 1.07mg (1.3%), Vitamin A: 61.96IU (1.24%)