



Toffee Apple Turnover Pie

 Dairy Free

READY IN



110 min.

SERVINGS



4

CALORIES



479 kcal

DESSERT

Ingredients

- 1 cup flour all-purpose
- 0.3 teaspoon salt
- 0.3 cup shortening
- 2 tablespoons water cold
- 1.5 cups apples peeled sliced (2 small)
- 1 tablespoon flour all-purpose
- 0.5 cup toffee chips (from 10-oz bag)
- 1 eggs beaten

- 1 tablespoon sparkling wine white

Equipment

- bowl
- frying pan
- baking sheet
- baking paper
- oven
- blender
- aluminum foil
- rolling pin

Directions

- Heat oven to 375°F. Line cookie sheet with sides or 15x10x1-inch pan with cooking parchment paper or foil. In medium bowl, mix 1 cup flour and the salt. Using pastry blender (or pulling 2 tables knives through ingredients in opposite directions), cut in shortening until particles are size of small peas.
- Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost leaves side of bowl (if necessary, 1 to 2 teaspoons more water can be added).
- Gather pastry into a ball. On lightly floured surface, shape pastry into flattened round. Using rolling pin, roll into 12-inch round, about 1/8 inch thick.
- Place on cookie sheet.
- In medium bowl, toss apples and 1 tablespoon flour. Mound apple mixture on half of pastry to within 3/4 inch of edge.
- Sprinkle with toffee bits. Fold pastry in half over apple mixture. Fold 1/2 inch of sealed edge of pastry over; firmly press tines of fork around edge to seal.
- Brush top of turnover with egg.
- Cut 3 slits, 1 inch long, in top to vent steam.
- Sprinkle top with sugar.

Bake 30 to 40 minutes or until golden brown. Immediately remove from cookie sheet to serving plate. Cool 30 minutes before cutting.

Nutrition Facts

PROTEIN 4.38% **FAT 53.02%** **CARBS 42.6%**

Properties

Glycemic Index:58.25, Glycemic Load:29.76, Inflammation Score:-4, Nutrition Score:7.7413042835567%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 479.15kcal (23.96%), Fat: 28.22g (43.41%), Saturated Fat: 10.76g (67.26%), Carbohydrates: 51.01g (17%), Net Carbohydrates: 48.99g (17.81%), Sugar: 23.82g (26.47%), Cholesterol: 71.68mg (23.89%), Sodium: 203.34mg (8.84%), Alcohol: 0.24g (100%), Alcohol %: 0.2% (100%), Protein: 5.25g (10.5%), Selenium: 14.85µg (21.22%), Vitamin B1: 0.28mg (18.55%), Folate: 67.82µg (16.96%), Vitamin B2: 0.25mg (14.5%), Manganese: 0.25mg (12.32%), Vitamin K: 11.08µg (10.55%), Vitamin E: 1.54mg (10.3%), Iron: 1.82mg (10.13%), Vitamin B3: 2.02mg (10.09%), Vitamin A: 425.4IU (8.51%), Fiber: 2.02g (8.08%), Phosphorus: 72.74mg (7.27%), Vitamin B5: 0.5mg (4.98%), Copper: 0.07mg (3.54%), Potassium: 119.19mg (3.41%), Magnesium: 12.59mg (3.15%), Zinc: 0.43mg (2.88%), Vitamin B6: 0.06mg (2.8%), Vitamin C: 2.22mg (2.69%), Calcium: 24.82mg (2.48%), Vitamin B12: 0.13µg (2.17%), Vitamin D: 0.22µg (1.47%)