



Unfried Apple Pies

READY IN



45 min.

SERVINGS



8

CALORIES



204 kcal

DESSERT

Ingredients

- ☐ 0.5 cup apple cider
- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.3 cup brown sugar packed
- ☐ 1 cup apples dried chopped
- ☐ 0.5 cup cranberries dried
- ☐ 1 large egg white
- ☐ 0.3 cup milk fat-free hot
- ☐ 1 cup flour all-purpose
- ☐ 1.5 teaspoons granulated sugar

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup vegetable shortening
- ☐ 0.5 cup water
- ☐ 1 tablespoon water

Equipment

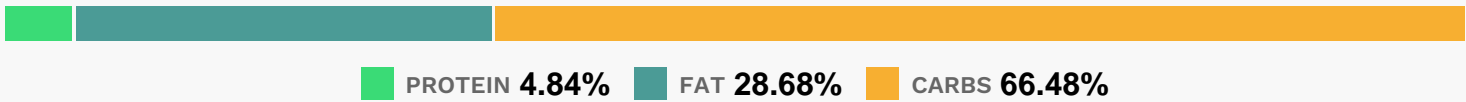
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ measuring cup

Directions

- ☐ To prepare dough, lightly spoon the flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, salt, and baking powder, stirring with a whisk.
- ☐ Combine the milk and shortening in a large bowl, stirring until shortening dissolves. Gradually add flour mixture to milk mixture, tossing with a fork just until blended. Turn dough out onto a piece of plastic wrap. Knead into a ball (dough will feel sticky). Cover and chill at least 2 hours.
- ☐ To prepare filling, combine dried apples, dried cranberries, 1/2 cup water, and apple cider in a small saucepan. Bring to a boil over medium-high heat. Cover; reduce heat, and simmer 10 minutes or until fruit is tender, stirring occasionally. Stir in brown sugar, and cool to room temperature.
- ☐ Preheat oven to 45
- ☐ Divide dough into 8 equal portions. Working with 1 dough portion at a time (cover remaining portions to prevent drying), roll each portion into a 6-inch circle on a lightly floured surface. Spoon about 2 tablespoons filling onto half of each circle; moisten edges of dough with water. Fold dough over filling; press edges together with a fork to seal.

- ☐ Place pies onto a baking sheet coated with cooking spray.
- ☐ Combine egg white and 1 tablespoon water, stirring with a whisk; brush over the pies.
- ☐ Sprinkle with turbinado sugar.
- ☐ Bake at 450 for 12 minutes or until golden.
- ☐ Place on a wire rack.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:42.51, Glycemic Load:11.8, Inflammation Score:-1, Nutrition Score:3.951304356689%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 204.44kcal (10.22%), Fat: 6.71g (10.33%), Saturated Fat: 1.65g (10.29%), Carbohydrates: 35g (11.67%), Net Carbohydrates: 33.21g (12.08%), Sugar: 21.07g (23.41%), Cholesterol: 0.31mg (0.1%), Sodium: 183.28mg (7.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.1%), Selenium: 6.61µg (9.45%), Vitamin B1: 0.13mg (8.93%), Vitamin B2: 0.13mg (7.68%), Manganese: 0.15mg (7.64%), Folate: 29.03µg (7.26%), Fiber: 1.79g (7.15%), Iron: 0.99mg (5.53%), Vitamin B3: 1.1mg (5.49%), Vitamin K: 4.35µg (4.15%), Vitamin E: 0.62mg (4.13%), Phosphorus: 37.15mg (3.72%), Potassium: 116.69mg (3.33%), Calcium: 33.19mg (3.32%), Copper: 0.06mg (2.84%), Magnesium: 8.7mg (2.17%), Vitamin B5: 0.22mg (2.15%), Vitamin B6: 0.03mg (1.74%), Zinc: 0.19mg (1.29%), Vitamin B12: 0.06µg (1.05%)