Warm Apple Pocket

READY IN	SERVINGS	CALORIES
60 min.	6	560 kcal

SIDE DISH

Ingredients

- [ ] 1 teaspoon apple pie spice
- [ ] 3 apples sweet cored peeled thinly sliced
- [ ] 1 eggs beaten
- [ ] 2 tablespoons flour
- [ ] 6 servings milk
- [ ] 1 pinch salt
- [ ] 2 tablespoons sugar
- [ ] 15 ounce unbaked pie crust thawed prepared
- [ ] 1 tablespoon vanilla extract

Equipment

- [ ] bowl
- [ ] baking sheet
- [ ] oven
- [ ] knife

Directions

- [ ] Preheat oven to 375 degrees F (190 degrees C).
- [ ] In a bowl, toss apple slices together with sugar, flour, salt, apple pie spice, and vanilla extract until evenly coated.
- [ ] Lay pie dough flat on a lightly greased baking sheet. Pile apples on one side of dough, leaving a 1 inch border.
- [ ] Brush border and opposite half side of dough with milk. Fold dough over apples, being careful not to over-stuff or the dough will tear. Fold over edges and pinch together to seal.
- [ ] Cut several small slits in the top of the pocket with a sharp knife, then brush top with beaten egg.
- [ ] Bake in the preheated oven for 40 minutes, or until flakey and golden brown.
- [ ] Serve warm, or at room temperature.

Nutrition Facts

PROTEIN **9.87%** FAT **43.77%** CARBS **46.36%**

Properties

Glycemic Index:35.85, Glycemic Load:11.82, Inflammation Score:-6, Nutrition Score:15.31217400924%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg

Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 559.98kcal (28%), Fat: 27.22g (41.87%), Saturated Fat: 10.6g (66.26%), Carbohydrates: 64.86g (21.62%), Net Carbohydrates: 60.79g (22.1%), Sugar: 25.53g (28.36%), Cholesterol: 56.56mg (18.85%), Sodium: 400.84mg (17.43%), Alcohol: 0.75g (100%), Alcohol %: 0.22% (100%), Protein: 13.81g (27.62%), Calcium: 326.08mg (32.61%), Phosphorus: 325.22mg (32.52%), Vitamin B2: 0.53mg (31.18%), Vitamin B1: 0.37mg (24.68%), Vitamin B12: 1.38µg (23.05%), Manganese: 0.43mg (21.6%), Vitamin D: 2.83µg (18.87%), Selenium: 11.83µg (16.9%), Fiber: 4.07g (16.29%), Potassium: 550.41mg (15.73%), Folate: 60.44µg (15.11%), Vitamin B5: 1.38mg (13.77%), Iron: 2.27mg (12.59%), Vitamin B3: 2.42mg (12.11%), Vitamin B6: 0.24mg (11.85%), Magnesium: 46.6mg (11.65%), Zinc: 1.48mg (9.86%), Vitamin A: 485.6IU (9.71%), Vitamin K: 8.03µg (7.65%), Vitamin C: 4.26mg (5.17%), Vitamin E: 0.7mg (4.65%), Copper: 0.09mg (4.63%)