



Washington Apple Bites

 Vegetarian

READY IN

ready

770 min.

SERVINGS

servings

15

CALORIES

calories

499 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 apples diced peeled recommend: Honeycrisp
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- ☐ 2 cups draft apple cider recommend: Spire
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup brown sugar
- ☐ 1.5 cups buttermilk
- ☐ 0.5 cup cornstarch

- ☐ 1.5 tablespoons cornstarch
- ☐ 2 eggs
- ☐ 1.5 cups flour
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 3 teaspoons ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.5 cup heavy cream
- ☐ 1 pint heavy cream
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons mascarpone cheese
- ☐ 1 teaspoon salt
- ☐ 1.5 cups ultra sugar fine
- ☐ 1 vanilla pod
- ☐ 0.8 cup vegetable oil
- ☐ 15 servings vegetable oil for greasing pan

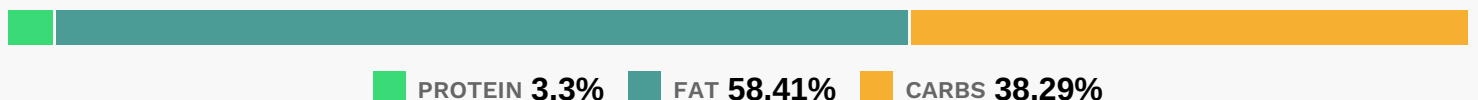
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ hand mixer
- ☐ spatula
- ☐ measuring cup
- ☐ waffle iron
- ☐ chopsticks

Directions

- ☐ Special equipment: aebleskiver pan, or waffle iron
- ☐ Combine the sugar, cinnamon, and allspice in a plastic container with a lid.
- ☐ Cut the vanilla bean in half lengthwise and scrape the seeds into the sugar mixture, and then whisk to combine.
- ☐ Cut the leftover vanilla pod pieces into small sections and bury in the sugar. Close the lid and shake a few times. Leave the vanilla sugar mixture overnight to enhance the flavor.
- ☐ Mix the flour, cornstarch, salt, baking soda, and baking powder in a medium bowl. In a large liquid measuring cup, mix the buttermilk, heavy cream, and oil. Crack the eggs and separate the whites into a medium bowl and deposit the yolks into the buttermilk mixture. Using a whisk, whip the egg whites until soft peaks begin to form.
- ☐ Add 2 tablespoons of the vanilla sugar and continue whisking until soft peaks form.
- ☐ Pour the buttermilk mixture into the dry ingredients and whisk until it is just mixed (the batter should be slightly lumpy). Using a spatula, slowly fold in the whipped egg whites until just incorporated.
- ☐ Place the batter in the refrigerator until ready to use.
- ☐ For the apple dipping sauce: Boil the draft cider and brown sugar in a saucepan until the sugar dissolves. Stir in the cornstarch, cinnamon, and nutmeg and whisk until combined.
- ☐ Add the diced apples and simmer until the apples are cooked through.
- ☐ For the whipped cream: Whip the cream in a small bowl with a hand mixer, and add the honey and nutmeg. When the cream begins to set, add the mascarpone and continue mixing until whipped.
- ☐ Heat up the aebleskiver pan or waffle iron, if using, over medium heat.
- ☐ Brush each slot in the pan with vegetable oil, and then add 1 1/2 tablespoons of the batter.
- ☐ Add some diced apples to the top of each slot. When the mixture begins to bubble, use a chopstick to turn the dough ball 1/4 turn. Continue with the 1/4 turns until the dough is cooked through.
- ☐ Remove from the pan into a bowl of cinnamon-sugar and toss to coat.
- ☐ Serve with the apple pie dipping sauce topped with the whipped cream.

Nutrition Facts



Properties

Glycemic Index:34.67, Glycemic Load:24.22, Inflammation Score:-5, Nutrition Score:7.4756520727406%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 3.31mg, Epicatechin: 3.31mg, Epicatechin: 3.31mg, Epicatechin: 3.31mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 498.95kcal (24.95%), Fat: 33.02g (50.8%), Saturated Fat: 12.79g (79.93%), Carbohydrates: 48.7g (16.23%), Net Carbohydrates: 47.4g (17.24%), Sugar: 32.61g (36.23%), Cholesterol: 71.07mg (23.69%), Sodium: 268.66mg (11.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.2g (8.4%), Vitamin K: 31.82µg (30.31%), Vitamin A: 694.78IU (13.9%), Vitamin B2: 0.22mg (12.96%), Vitamin E: 1.83mg (12.2%), Selenium: 8.48µg (12.11%), Manganese: 0.21mg (10.57%), Calcium: 89.93mg (8.99%), Vitamin B1: 0.13mg (8.71%), Phosphorus: 80.4mg (8.04%), Folate: 29.27µg (7.32%), Vitamin D: 1.06µg (7.07%), Iron: 0.94mg (5.22%), Fiber: 1.3g (5.19%), Potassium: 158.13mg (4.52%), Vitamin B3: 0.85mg (4.24%), Vitamin B12: 0.23µg (3.76%), Vitamin B5: 0.37mg (3.74%), Magnesium: 12.39mg (3.1%), Vitamin B6: 0.06mg (2.81%), Copper: 0.05mg (2.57%), Zinc: 0.38mg (2.56%), Vitamin C: 1.69mg (2.05%)