



## Zu's Fried Apple Pies

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



333 kcal

DESSERT

### Ingredients

- 2 apples cored peeled chopped
- 2 teaspoons confectioners' sugar
- 2 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 1 teaspoon salt
- 1 cup vegetable oil for frying
- 0.5 cup vegetable shortening
- 0.3 cup sugar white

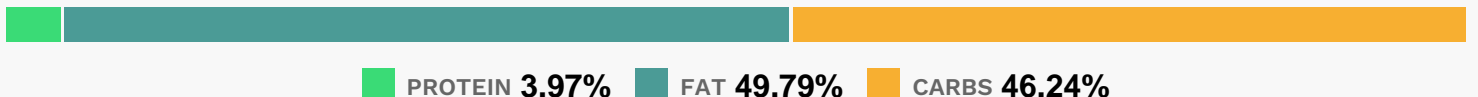
## Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- whisk
- cookie cutter
- pastry cutter

## Directions

- Place the apples into a saucepan with the sugar and cinnamon, and bring to a simmer over low heat. Cook the apples, stirring frequently, until soft, about 10 minutes; mash the apples with a fork to form a chunky applesauce. Set the apple filling aside.
- Whisk flour and salt together in a bowl, and cut in the shortening with a pastry cutter until the mixture resembles coarse crumbs. Stir in water until the dough is moistened, and knead several times just until dough holds together.
- Place dough onto a floured surface, pat into a round, and roll out 1/8-inch thick. Use a large round cookie cutter (4 inches in diameter) to cut the dough into 8 rounds.
- Place a heaping tablespoon of apple filling onto the center of a dough round, and use your finger to moisten the edge of the crust with cold water. Fold the dough over the filling, and crimp the edges with a fork to make a half-moon-shaped pie. Repeat with remaining dough and filling.
- Pour the oil into a skillet over medium-high heat, and gently lay 2 or 3 pies into the hot oil. Fry to a golden brown color, 2 to 3 minutes per side.
- Drain the pies on paper towels.
- Sprinkle a pinch of confectioners' sugar over each pie to serve. Allow to cool for at least 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:22.76, Glycemic Load:24.73, Inflammation Score:-3, Nutrition Score:6.1986957607062%

## Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

## Nutrients (% of daily need)

Calories: 333.19kcal (16.66%), Fat: 18.67g (28.73%), Saturated Fat: 4.1g (25.6%), Carbohydrates: 39.03g (13.01%), Net Carbohydrates: 37.02g (13.46%), Sugar: 13.62g (15.14%), Cholesterol: 0mg (0%), Sodium: 292.38mg (12.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.7%), Vitamin K: 17.97µg (17.12%), Vitamin B1: 0.26mg (17.04%), Selenium: 10.65µg (15.22%), Folate: 58.56µg (14.64%), Manganese: 0.25mg (12.6%), Vitamin B2: 0.17mg (9.88%), Vitamin B3: 1.89mg (9.44%), Vitamin E: 1.33mg (8.9%), Iron: 1.53mg (8.51%), Fiber: 2g (8.01%), Phosphorus: 38.83mg (3.88%), Copper: 0.06mg (2.93%), Vitamin C: 2.1mg (2.54%), Vitamin B5: 0.25mg (2.52%), Potassium: 82.9mg (2.37%), Magnesium: 9.23mg (2.31%), Vitamin B6: 0.03mg (1.64%), Zinc: 0.24mg (1.61%)