

Quick Apple Dumplings

www.MyRecipes.com

Servings: 8

*1 1/2 cups sugar
2 cups water
1/2 teaspoon ground cinnamon,
divided
1/2 teaspoon ground nutmeg, divided
1/4 cup butter or margarine
2/3 cup sugar
2 packages (15 ounce ea) refrigerated
piecrusts
8 medium Braeburn apples (or
Granny Smith or Golden Delicious),
peeled and cored
3 tablespoons butter or margarine, cut
up
vanilla ice cream (optional)*

In a saucepan over medium-high heat, bring 1-1/2 cups sugar, 2 cups water, 1/4 teaspoon cinnamon and 1/4 teaspoon nutmeg to a boil, stirring constantly. Reduce the heat. Simmer, stirring occasionally, for 10 minutes. Remove from the heat. Stir in 1/4 cup of butter. Set the syrup aside.

Preheat the oven to 375 degrees.

In a bowl, combine 2/3 cup of sugar, the remaining 1/4 teaspoon of cinnamon and the remaining 1/4 teaspoon of nutmeg.

Cut the piecrusts in half. Roll into eight-inch circles. Place one apple in the center of each circle. Sprinkle each evenly with the sugar mixture. Dot evenly with the butter.

Fold the dough over the apples, pinching to seal. Place in a lightly greased 13x9-inch baking dish. Drizzle with the syrup.

Bake for 40 to 45 minutes.

Per Serving (excluding unknown items): 299 Calories; 10g Fat (29.6% calories from fat); trace Protein; 54g Carbohydrate; trace Dietary Fiber; 27mg Cholesterol; 105mg Sodium. Exchanges: 0 Grain(Starch); 2 Fat; 3 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):

299

Vitamin B6 (mg):

trace

| | |
|--------------------------------|-------|
| % Calories from Fat: | 29.6% |
| % Calories from Carbohydrates: | 70.3% |
| % Calories from Protein: | 0.2% |
| Total Fat (g): | 10g |
| Saturated Fat (g): | 6g |
| Monounsaturated Fat (g): | 3g |
| Polyunsaturated Fat (g): | trace |
| Cholesterol (mg): | 27mg |
| Carbohydrate (g): | 54g |
| Dietary Fiber (g): | trace |
| Protein (g): | trace |
| Sodium (mg): | 105mg |
| Potassium (mg): | 6mg |
| Calcium (mg): | 7mg |
| Iron (mg): | trace |
| Zinc (mg): | trace |
| Vitamin C (mg): | trace |
| Vitamin A (i.u.): | 380IU |
| Vitamin A (r.e.): | 94RE |

| | |
|---------------------|-------|
| Vitamin B12 (mcg): | trace |
| Thiamin B1 (mg): | trace |
| Riboflavin B2 (mg): | trace |
| Folacin (mcg): | trace |
| Niacin (mg): | trace |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 0 |
| % Refuse: | 0.00% |

Food Exchanges

| | |
|----------------------|-------|
| Grain (Starch): | 0 |
| Lean Meat: | 0 |
| Vegetable: | 0 |
| Fruit: | 0 |
| Non-Fat Milk: | 0 |
| Fat: | 2 |
| Other Carbohydrates: | 3 1/2 |

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 299 Calories from Fat: 88

% Daily Values*

| | | |
|----------------------------|-------|-----|
| Total Fat | 10g | 16% |
| Saturated Fat | 6g | 32% |
| Cholesterol | 27mg | 9% |
| Sodium | 105mg | 4% |
| Total Carbohydrates | 54g | 18% |
| Dietary Fiber | trace | 0% |
| Protein | trace | |
| Vitamin A | | 8% |
| Vitamin C | | 0% |
| Calcium | | 1% |
| Iron | | 1% |

* Percent Daily Values are based on a 2000 calorie diet.