

Apple Dumplings



Prep:

20 minutes

Total:

1 hour 50 minutes

Makes:

16 servings

Utensil:

1 Qt./9 L Sauce Pan with Cover

12" Electric Oil Core Skillet

small mixing bowl

7" Santoku Knife

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2

cans refrigerated crescent rolls (10 ounces/248 g each)

3

Granny Smith apples, sliced

1

cup

unsalted butter

(227

g)

1

cup

brown sugar

(180

g)

¹/₂

cup

white sugar

(100
g)
1
teaspoon
vanilla extract
(5
mL)
6
ounces
7UP soda (1 1/2 can)
(180
mL)
1
teaspoon
ground cinnamon, or to taste
(3
g)

Directions:

1. Unroll crescent rolls. Place one slice of apple at the bottom of each triangle-shaped roll. Carefully roll each triangle up, making sure the apple slice is completely sealed and enclosed. Place each dumpling into bottom of cold electric skillet.
2. In the sauce pan, combine butter, sugars and vanilla. Turn heat to medium and bring ingredients to a simmer. Remove from heat and pour over dumplings in skillet.
3. Pour 7UP over dumplings. Add any remaining apple slices over top of dumplings and sprinkle with cinnamon. Cover.
4. Turn temperature on the digital probe to 215°F/100°C and cook for 1 hour 30 minutes.
5. Serve warm with a scoop of vanilla ice cream.

Nutritional Information per Serving

Calories:

297

Total Fat:

17g

Saturated Fat:

10g

Cholesterol:

31mg

Sodium:

227mg

Total Carbs:

36g

Dietary Fiber:

1g

Sugar:

27g

Protein:

1g