



Almond, Pear and Cherry Pocket Pies

 Vegetarian  Dairy Free

READY IN



135 min.

SERVINGS



10

CALORIES



213 kcal

DESSERT

Ingredients

- 0.3 teaspoon almond extract
- 2 to 3 bartlett pears
- 0.5 cup blanched and almonds sliced
- 0.5 cup cherries dried sour
- 4 teaspoons cornstarch
- 1 eggs
- 1 tablespoon juice of lemon fresh (from)
- 7 ounce sheets puff pastry frozen thawed (7-ounce)

- 0.1 teaspoon sea salt fine
- 0.3 cup sugar plus more for sprinkling

Equipment

- baking sheet
- oven
- wire rack

Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F. Line baking sheets with parchment.
- Lightly flour your work surface. Unfold 1 puff pastry sheet at a time and roll each into a 10 by 15-inch rectangle. Using a ruler, cut each into 2 (5 by 15-inch) rectangles, then cut each rectangle into 5 (5 by 3-inch) rectangles.
- Transfer the 20 rectangles on to the baking sheet and chill in the fridge until cold.
- Peel, halve and core the pears, and then cut them into 1/4-inch thick slices. Toss them with the almonds, cherries, sugar, cornstarch, salt, lemon juice and almond extract.
- Remove the rectangles from the fridge, place 5 of them on a new baking sheet and evenly spoon half the fruit mixture onto them, leaving a little bit of a border all around. Beat the egg and lightly brush the borders.
- Lay 5 more rectangles of dough over the filling. Use a fork to press them gently sealed. Repeat with the remaining dough and filling. Refrigerate for 20 minutes.
- Brush the tops with the beaten egg.
- Cut 3 vents, about 1/2-inch long, in the top of each pie.
- Sprinkle with sugar.
- Bake, rotating once, until the crust is golden and you see the juices bubbling, 25 to 30 minutes. Cool the pies on a cooling rack at least 20 minutes before serving.

Nutrition Facts



PROTEIN 6.57% **FAT 43.09%** **CARBS 50.34%**

Properties

Glycemic Index:17.71, Glycemic Load:11.28, Inflammation Score:-3, Nutrition Score:4.667826074621%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 213.3kcal (10.67%), Fat: 10.36g (15.93%), Saturated Fat: 2.23g (13.92%), Carbohydrates: 27.23g (9.08%), Net Carbohydrates: 24.67g (8.97%), Sugar: 13.65g (15.17%), Cholesterol: 16.37mg (5.46%), Sodium: 86.26mg (3.75%), Alcohol: 0.03g (100%), Alcohol %: 0.05% (100%), Protein: 3.55g (7.1%), Manganese: 0.22mg (10.88%), Fiber: 2.56g (10.23%), Selenium: 6.44µg (9.2%), Vitamin E: 1.38mg (9.17%), Vitamin B2: 0.14mg (8.21%), Vitamin B1: 0.09mg (6.32%), Folate: 22.01µg (5.5%), Vitamin B3: 1.06mg (5.29%), Iron: 0.93mg (5.17%), Copper: 0.1mg (5.11%), Vitamin A: 249.21IU (4.98%), Phosphorus: 46.89mg (4.69%), Magnesium: 18.39mg (4.6%), Vitamin K: 4.56µg (4.34%), Vitamin C: 2.15mg (2.6%), Calcium: 25.68mg (2.57%), Potassium: 89.71mg (2.56%), Zinc: 0.34mg (2.24%), Vitamin B6: 0.03mg (1.4%), Vitamin B5: 0.11mg (1.06%)