



WHATSheATE



Apple Berry Hand Pies



Dairy Free



Popular

READY IN



50 min.

SERVINGS



6

CALORIES



373 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup berries mixed dried
- ☐ 1 large egg whites mixed with 1 tablespoon water beaten
- ☐ 1 teaspoon flour
- ☐ 2 cups gala apple diced peeled (2 large)
- ☐ 6 servings granulated sugar white
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup brown sugar light packed

☐ 2 pie crust dough refrigerated your favorite (or pie crust recipe)

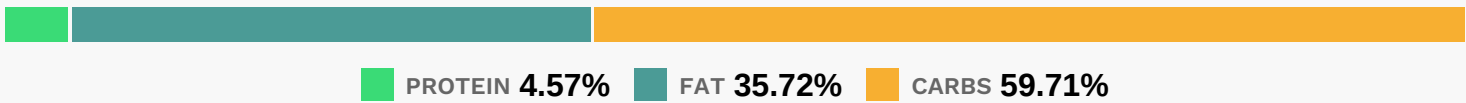
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack

Directions

- ☐ Heat oven to 375°Prepare filling in large bowl. Toss the apples and dried berries with lemon juice. In a small bowl, mix the sugar, flour, cinnamon and salt.
- ☐ Add the sugar mixture to the fruit and toss to combine.To assemble hand pies, line a large baking sheet with parchment or a silicone mat, or spray with nonstick spray.
- ☐ Remove pie crust from refrigerator, lay out on a floured surface and roll just a bit to 1/4 inch thick.
- ☐ Cut the dough using 5-inch round cutter (or pie press), gently re-rolling dough scraps as needed. Scoop 2–3 tablespoons of the filling mixture onto one side of each round, then fold the round over so the edges meet and use a fork to seal the edges (if using pie press, fold over and press).
- ☐ Transfer the hand pie to the baking sheet, leaving 1½ inches between each pie. Use a knife to cut three slits into the top of each pie to allow steam to escape and brush with the egg white wash and sprinkle with sugar.
- ☐ Bake pies for 30–35 minutes, or until they are golden brown throughout.
- ☐ Let the pies cool for 10 minutes on the baking sheet and then transfer them to wire rack to cool completely.The pies may be made up to 1 day ahead.

Nutrition Facts



Properties

Glycemic Index:30.35, Glycemic Load:10.08, Inflammation Score:-2, Nutrition Score:5.2486956799808%

Flavonoids

Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg Petunidin: 2.35mg, Petunidin: 2.35mg, Petunidin: 2.35mg, Petunidin: 2.35mg Delphinidin: 2.79mg, Delphinidin: 2.79mg, Delphinidin: 2.79mg, Delphinidin: 2.79mg Malvidin: 6.41mg, Malvidin: 6.41mg, Malvidin: 6.41mg, Malvidin: 6.41mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 373.08kcal (18.65%), Fat: 14.98g (23.05%), Saturated Fat: 4.64g (29.02%), Carbohydrates: 56.36g (18.79%), Net Carbohydrates: 53.53g (19.47%), Sugar: 26.4g (29.33%), Cholesterol: 0mg (0%), Sodium: 244.17mg (10.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.62%), Manganese: 0.31mg (15.41%), Vitamin B1: 0.17mg (11.37%), Fiber: 2.83g (11.3%), Folate: 43.25µg (10.81%), Iron: 1.65mg (9.15%), Vitamin B3: 1.67mg (8.37%), Vitamin B2: 0.14mg (8.26%), Vitamin K: 7.2µg (6.86%), Selenium: 4.64µg (6.63%), Phosphorus: 48.61mg (4.86%), Vitamin C: 3.21mg (3.89%), Potassium: 131.21mg (3.75%), Copper: 0.07mg (3.28%), Magnesium: 12.93mg (3.23%), Vitamin B5: 0.3mg (2.99%), Vitamin B6: 0.06mg (2.92%), Vitamin E: 0.4mg (2.69%), Calcium: 23.45mg (2.34%), Zinc: 0.29mg (1.94%)