



Apple Blintz Hand Pies

 Vegetarian

READY IN



90 min.

SERVINGS



30

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon cinnamon
- ☐ 1 large eggs beaten (large)
- ☐ 0.5 cup fromage frais
- ☐ 1.5 tablespoons flour for dusting all-purpose plus more
- ☐ 1 apples i use 2 granny smith apples grated peeled
- ☐ 1 pink lady apples grated peeled
- ☐ 1 pound all-butter puff pastry
- ☐ 1 pinch salt

☐ 3 tablespoons sugar for dusting plus more

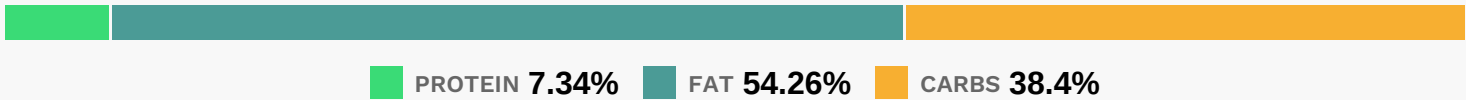
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ On a lightly floured work surface, roll out the pastry to a 12-by-16-inch rectangle and cut out twelve 4-inch squares.
- ☐ Transfer the squares to a baking sheet and freeze until firm, 10 minutes. In a bowl, toss the apples with the sugar, farmer cheese, cinnamon, salt and 1 1/2 tablespoons of flour.
- ☐ Preheat the oven to 37
- ☐ Line 2 baking sheets with parchment paper.
- ☐ Brush the edges of the squares with the egg and mound 2 tablespoons of the apple filling on each one. Fold to form triangles and press to seal. Freeze until firm, about 15 minutes.
- ☐ Using a fork, crimp the edges of the triangles.
- ☐ Brush the tops with egg and sprinkle with sugar.
- ☐ Cut 3 small slits in each to release steam.
- ☐ Bake until golden and crisp, about 30 minutes, shifting the pans halfway through.
- ☐ Let cool, then serve.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:5.18, Inflammation Score:-1, Nutrition Score:1.7473913081314%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 103.25kcal (5.16%), Fat: 6.27g (9.65%), Saturated Fat: 1.71g (10.7%), Carbohydrates: 9.99g (3.33%), Net Carbohydrates: 9.46g (3.44%), Sugar: 2.58g (2.87%), Cholesterol: 7.5mg (2.5%), Sodium: 57.22mg (2.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.82%), Selenium: 4.31µg (6.15%), Vitamin B1: 0.07mg (4.39%), Manganese: 0.08mg (4.13%), Folate: 13.63µg (3.41%), Vitamin B3: 0.66mg (3.32%), Vitamin B2: 0.06mg (3.27%), Vitamin K: 2.71µg (2.58%), Iron: 0.45mg (2.5%), Fiber: 0.53g (2.13%), Phosphorus: 14.12mg (1.41%), Copper: 0.02mg (1.12%)