



Apricot and Peach Fried Pies

READY IN



30 min.

SERVINGS



18

CALORIES



338 kcal

DESSERT

Ingredients

- 8 ounces apricots dried
- 6 ounce peaches dried
- 4 cups flour all-purpose
- 1 cup milk
- 2 teaspoons salt
- 1 cup shortening
- 2 cups vegetable oil for frying
- 18 servings water to cover
- 0.8 cup sugar white

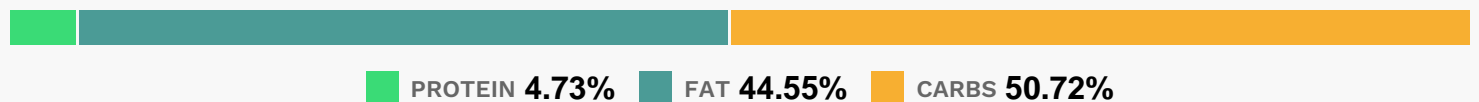
Equipment

- bowl
- frying pan
- paper towels
- sauce pan

Directions

- To Make Crust: In a large bowl, mix together flour and salt.
- Cut in shortening until mixture is crumbly.
- Mix in milk and stir until dough forms a ball.
- Roll out dough and cut into 18 6-inch circles. Set aside.
- To Make Filling: In a large saucepan, combine apricots, peaches, and sugar.
- Add enough water to cover fruit. Cover pan and cook over low heat until fruit is falling apart.
- Remove lid and continue to cook until water is evaporated.
- Place oil or shortening in small high-sided skillet.
- Place over medium heat. Spoon equal amounts of filling into each pastry circle and fold in half. Seal pastry with a fork dipped in cold water.
- Fry a few pies at a time in hot oil, browning on both sides.
- Drain pies on paper towels.

Nutrition Facts



Properties

Glycemic Index:12.03, Glycemic Load:23.72, Inflammation Score:-6, Nutrition Score:7.9273912984392%

Nutrients (% of daily need)

Calories: 337.78kcal (16.89%), Fat: 17.1g (26.31%), Saturated Fat: 3.89g (24.32%), Carbohydrates: 43.81g (14.6%), Net Carbohydrates: 41.37g (15.04%), Sugar: 19.71g (21.9%), Cholesterol: 1.63mg (0.54%), Sodium: 278.38mg (12.1%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.16%), Vitamin K: 16.97µg (16.16%), Vitamin B1: 0.23mg (15.33%), Selenium: 10.05µg (14.36%), Vitamin A: 680.46IU (13.61%), Folate: 52.09µg (13.02%), Manganese: 0.25mg (12.47%), Vitamin B3: 2.39mg (11.97%), Iron: 2.02mg (11.24%), Vitamin E: 1.68mg (11.21%), Vitamin B2: 0.19mg (10.99%), Fiber: 2.44g (9.78%), Potassium: 290.55mg (8.3%), Copper: 0.16mg (7.82%), Phosphorus: 63.88mg (6.39%), Magnesium: 18.11mg (4.53%), Calcium: 37.87mg (3.79%), Vitamin B5: 0.37mg (3.68%), Zinc: 0.38mg (2.52%), Vitamin B6: 0.05mg (2.25%), Vitamin B12: 0.07µg (1.22%)