



Blueberry Hand Pies

 Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



199 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 ounces blueberries
- ☐ 1 large water with 1 teaspoon water
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 4 servings pie crust dough
- ☐ 1 tablespoon sugar raw
- ☐ 0.3 cup sugar

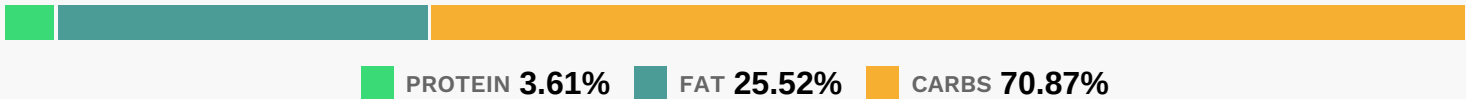
Equipment

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

Directions

- ☐ Preheat oven to 375°F.
- ☐ Roll out dough on a floured surface to a 15x12" rectangle.
- ☐ Cut into 6 rectangles.
- ☐ Toss blueberries, lemon zest, lemon juice, sugar, and salt in a medium bowl.
- ☐ Brush edges of rectangles with water; mound some blueberries in center of each. Fold dough over, and press edges to seal.
- ☐ Place on a parchment-lined baking sheet, brush with egg wash, and sprinkle with raw sugar.
- ☐ Cut slits in tops.
- ☐ Bake hand pies, rotating sheet halfway through, until juices are bubbling and pastry is golden brown, 35–40 minutes (juices will run onto parchment).
- ☐ Transfer to a wire rack.
- ☐ Serve warm or at room temperature.
- ☐ Per serving: 290 calories, 16 g fat, 3 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:27.52, Glycemic Load:12.16, Inflammation Score:-3, Nutrition Score:4.227391268896%

Flavonoids

Cyanidin: 6mg, Cyanidin: 6mg, Cyanidin: 6mg, Cyanidin: 6mg Petunidin: 22.35mg, Petunidin: 22.35mg, Petunidin: 22.35mg, Petunidin: 22.35mg Delphinidin: 25.11mg, Delphinidin: 25.11mg, Delphinidin: 25.11mg, Delphinidin: 25.11mg Malvidin: 47.9mg, Malvidin: 47.9mg, Malvidin: 47.9mg, Malvidin: 47.9mg Peonidin: 14.38mg, Peonidin: 14.38mg, Peonidin: 14.38mg, Peonidin: 14.38mg Catechin: 3.75mg, Catechin: 3.75mg, Catechin: 3.75mg, Catechin: 3.75mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.92mg, Myricetin: 0.92mg, Myricetin: 0.92mg, Myricetin: 0.92mg Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 198.67kcal (9.93%), Fat: 5.82g (8.96%), Saturated Fat: 1.76g (10.97%), Carbohydrates: 36.39g (12.13%), Net Carbohydrates: 34.09g (12.4%), Sugar: 22.63g (25.14%), Cholesterol: 0mg (0%), Sodium: 233.5mg (10.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.71%), Manganese: 0.33mg (16.74%), Vitamin K: 15.23µg (14.5%), Vitamin C: 8.97mg (10.87%), Fiber: 2.3g (9.19%), Vitamin B1: 0.09mg (5.72%), Folate: 19.94µg (4.99%), Vitamin B3: 0.88mg (4.38%), Iron: 0.78mg (4.31%), Vitamin B2: 0.07mg (4.03%), Vitamin E: 0.51mg (3.39%), Copper: 0.06mg (2.97%), Vitamin B6: 0.05mg (2.5%), Phosphorus: 24.19mg (2.42%), Potassium: 81mg (2.31%), Magnesium: 7.85mg (1.96%), Selenium: 1.36µg (1.95%), Vitamin B5: 0.18mg (1.8%), Zinc: 0.22mg (1.43%)