



Brandied Apricot-Peach Pies



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



107 kcal

DESSERT

Ingredients

- ☐ 0.5 cup apricots dried diced
- ☐ 1 tablespoon brandy
- ☐ 1.5 tablespoons butter
- ☐ 2.5 teaspoons cornstarch
- ☐ 12 cream cheese dough circles sweet
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons milk 2% reduced-fat
- ☐ 16 ounce peaches frozen thawed drained sliced chopped
- ☐ 1 cup powdered sugar sifted
- ☐ 0.5 teaspoon vanilla extract

Equipment

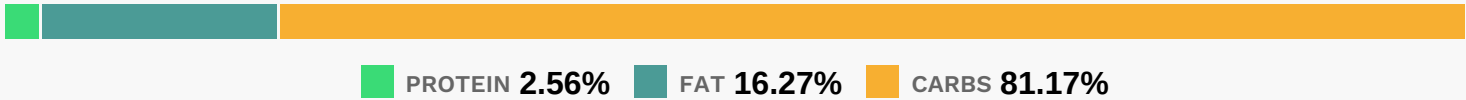
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap

Directions

- ☐ To prepare pies, combine first 6 ingredients in a medium saucepan; cook over medium heat 8 minutes or until liquid almost evaporates.
- ☐ Remove from heat.
- ☐ Add butter, stirring until butter melts. Stir in brandy and cornstarch. Cool slightly.
- ☐ Working with 1 Sweet Cream Cheese Dough circle at a time, remove plastic wrap from dough.
- ☐ Place the dough on a lightly floured surface. Spoon about 2 tablespoons peach mixture into center of circle. Fold dough over filling; press edges together with a fork or fingers to seal.
- ☐ Place pie on a large baking sheet covered with parchment paper. Repeat procedure with remaining Sweet Cream Cheese Dough circles and remaining peach mixture. Freeze 30 minutes.
- ☐ Preheat oven to 425
- ☐ Remove pies from freezer. Pierce top of each pie once with a fork.
- ☐ Place baking sheet on bottom rack in oven.
- ☐ Bake at 425 for 18 minutes or until edges are lightly browned and filling is bubbly. Cool completely on a wire rack.

- ☐ To prepare glaze, combine powdered sugar, milk, and vanilla, stirring well.
- ☐ Drizzle evenly over pies.

Nutrition Facts



Properties

Glycemic Index:25.9, Glycemic Load:5.24, Inflammation Score:-3, Nutrition Score:1.9039130521857%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 106.71kcal (5.34%), Fat: 1.97g (3.03%), Saturated Fat: 1.15g (7.17%), Carbohydrates: 22.08g (7.36%), Net Carbohydrates: 21.06g (7.66%), Sugar: 20.23g (22.48%), Cholesterol: 4.97mg (1.66%), Sodium: 21.35mg (0.93%), Alcohol: 0.47g (100%), Alcohol %: 0.91% (100%), Protein: 0.7g (1.39%), Vitamin A: 378.5IU (7.57%), Fiber: 1.02g (4.07%), Vitamin E: 0.56mg (3.76%), Potassium: 116.48mg (3.33%), Manganese: 0.05mg (2.65%), Vitamin C: 2.1mg (2.54%), Copper: 0.05mg (2.53%), Vitamin B3: 0.45mg (2.26%), Selenium: 1.18µg (1.69%), Phosphorus: 16.26mg (1.63%), Iron: 0.29mg (1.63%), Vitamin B2: 0.03mg (1.55%), Vitamin K: 1.48µg (1.41%), Magnesium: 5.35mg (1.34%), Vitamin B5: 0.1mg (1.04%)