



Cherry crumble pies



Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



261 kcal

DESSERT

Ingredients

- ☐ 200 g flour plain
- ☐ 50 g hazelnuts
- ☐ 140 g butter cold cubed
- ☐ 50 g sugar
- ☐ 3 tbsp raspberry jam
- ☐ 500 g cherries
- ☐ 50 g hazelnuts roughly chopped
- ☐ 2 tbsp little demerara sugar

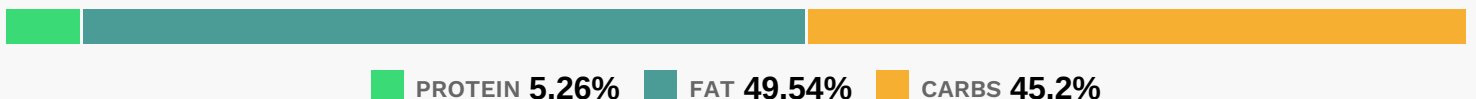
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ muffin tray

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Tip the flour and hazelnuts into a food processor, then add the butter. Process to fine crumbs, add the sugar, then mix briefly.
- ☐ Remove 3 rounded tbsp of the mixture and put in a separate bowl.
- ☐ Add 1-2 tbsp cold water to the food processor, then pulse to form a firm dough. Tip out onto a lightly floured surface and knead briefly. If the dough is soft, wrap in cling film and chill for 20 mins.
- ☐ Roll out the dough and stamp out rounds using a 10-12cm cutter. You should get 12 rounds in total from the dough you will need to gather and re-roll the trimmings. Use to line 12 x 7-8 cm tartlet tins or the 12 holes of a muffin tin.
- ☐ Warm the jelly in a pan until it melts a little, then stir in the cherries. Divide between the pastry cases. Stir the chopped hazelnuts and sugar into the reserved pastry mix, then sprinkle over the cherries.
- ☐ Bake for 25-30 mins until the pastry and crumble are lightly browned and the cherries cooked. Leave to cool for 10 mins in the tins, then carefully remove you may need to loosen the edges of the pies with a small, sharp pointed knife, then invert them onto plates and quickly flip the right way up.
- ☐ Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:15.34, Inflammation Score:-4, Nutrition Score:6.7786956079628%

Flavonoids

Cyanidin: 13.15mg, Cyanidin: 13.15mg, Cyanidin: 13.15mg, Cyanidin: 13.15mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 0.63mg, Peonidin: 0.63mg, Peonidin: 0.63mg, Peonidin: 0.63mg Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 260.82kcal (13.04%), Fat: 14.79g (22.76%), Saturated Fat: 6.41g (40.07%), Carbohydrates: 30.37g (10.12%), Net Carbohydrates: 28.19g (10.25%), Sugar: 14.31g (15.9%), Cholesterol: 25.08mg (8.36%), Sodium: 77.05mg (3.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.06%), Manganese: 0.66mg (33.03%), Vitamin B1: 0.2mg (13.14%), Folate: 42.48µg (10.62%), Vitamin E: 1.57mg (10.44%), Copper: 0.2mg (9.89%), Fiber: 2.19g (8.75%), Selenium: 6.09µg (8.7%), Iron: 1.35mg (7.51%), Vitamin B2: 0.11mg (6.71%), Vitamin A: 319.88IU (6.4%), Vitamin B3: 1.2mg (6.02%), Magnesium: 22.31mg (5.58%), Phosphorus: 54.69mg (5.47%), Potassium: 174.31mg (4.98%), Vitamin C: 3.88mg (4.71%), Vitamin B6: 0.08mg (3.8%), Vitamin K: 2.92µg (2.79%), Vitamin B5: 0.25mg (2.46%), Zinc: 0.36mg (2.43%), Calcium: 21.5mg (2.15%)