



Double-Cherry Pies

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



101 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter
- ☐ 16 ounce cherries sour frozen thawed drained
- ☐ 2.5 teaspoons cornstarch
- ☐ 12 cream cheese dough circles sweet
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup chocolate baking chips white
- ☐ 0.3 cup sugar

- ☐ 1 cup cherries dried sweet
- ☐ 0.5 teaspoon vanilla extract

Equipment

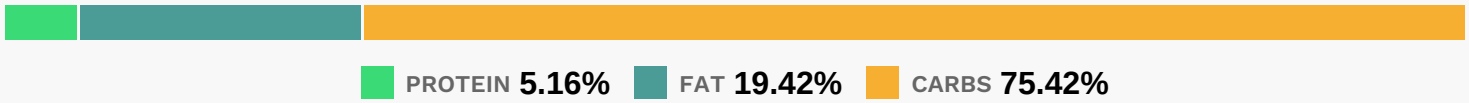
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ Combine the first 5 ingredients in a medium saucepan; cook over medium heat 7 minutes or until liquid almost evaporates.
- ☐ Remove from heat.
- ☐ Add butter, stirring until butter melts. Stir in cornstarch and vanilla. Cool slightly.
- ☐ Working with 1 Sweet Cream Cheese Dough circle at a time, remove plastic wrap from dough.
- ☐ Place dough on a lightly floured surface. Spoon about 2 tablespoons cherry 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 cherry 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 19 minutes or until edges are lightly browned and filling is bubbly. Cool completely on a wire rack.

Place chocolate chips in a heavy-duty zip-top plastic bag; microwave at HIGH 1 minute or until chips are soft. Knead bag until smooth. Snip a tiny hole in corner of bag; drizzle chocolate over cooled pies.

Nutrition Facts



Properties

Glycemic Index:20.34, Glycemic Load:5.22, Inflammation Score:-3, Nutrition Score:1.7530434624009%

Flavonoids

Cyanidin: 11.42mg, Cyanidin: 11.42mg, Cyanidin: 11.42mg, Cyanidin: 11.42mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.57mg, Peonidin: 0.57mg, Peonidin: 0.57mg, Peonidin: 0.57mg Catechin: 1.65mg, Catechin: 1.65mg, Catechin: 1.65mg, Catechin: 1.65mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 1.89mg, Epicatechin: 1.89mg, Epicatechin: 1.89mg, Epicatechin: 1.89mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg 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 Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 101.21kcal (5.06%), Fat: 2.27g (3.49%), Saturated Fat: 1.35g (8.44%), Carbohydrates: 19.8g (6.6%), Net Carbohydrates: 18g (6.55%), Sugar: 15.94g (17.71%), Cholesterol: 4.1mg (1.37%), Sodium: 14.85mg (0.65%), Alcohol: 0.06g (100%), Alcohol %: 0.12% (100%), Protein: 1.36g (2.71%), Vitamin A: 426.51IU (8.53%), Fiber: 1.8g (7.21%), Vitamin C: 3.15mg (3.81%), Potassium: 95.37mg (2.72%), Calcium: 21.71mg (2.17%), Manganese: 0.04mg (2.11%), Iron: 0.32mg (1.78%), Phosphorus: 14.35mg (1.43%), Vitamin B2: 0.02mg (1.42%), Copper: 0.03mg (1.28%), Magnesium: 4.76mg (1.19%), Vitamin K: 1.17µg (1.12%), Vitamin B6: 0.02mg (1.07%), Vitamin B5: 0.1mg (1.01%)