



Dried Apricot Hand Pies

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



273 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup almond liqueur
- ☐ 0.3 cup butter softened
- ☐ 12 ounce apricots dried
- ☐ 1 large eggs
- ☐ 15 ounce piecrusts refrigerated
- ☐ 1 cup sugar
- ☐ 3 tablespoons sugar
- ☐ 1 teaspoon vanilla extract

- ☐ 0.5 cup water
- ☐ 1 tablespoon water

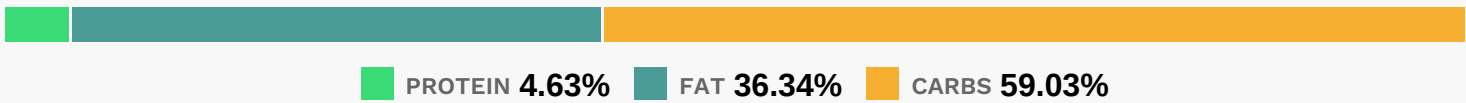
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Bring first 3 ingredients to a boil in a small saucepan over medium heat. Cover, reduce heat, and simmer 10 minutes.
- ☐ Remove from heat; let stand 10 minutes.
- ☐ Process apricot mixture, 1 cup sugar, butter, and vanilla extract in a food processor 1 to 2 minutes or until smooth, stopping to scrape down sides. Cool.
- ☐ Roll 1 piecrust to press out fold lines.
- ☐ Cut 6 (4-inch) circles from pastry, rerolling as necessary.
- ☐ Brush edges of circles with water. Spoon about 2 tablespoons apricot mixture in center of each circle. Fold circles in half, pressing edges to seal.
- ☐ Place on a lightly greased baking sheet. Repeat procedure with remaining piecrust and filling. Stir together egg and water; brush over pies.
- ☐ Sprinkle evenly with 3 tablespoons sugar.
- ☐ Bake at 425 for 20 minutes or until golden.
- ☐ *1/4 cup water and 1/4 teaspoon almond extract may be substituted for almond liqueur.
- ☐ Note: Pies may be baked ahead and frozen.

Nutrition Facts



Properties

Glycemic Index:11.47, Glycemic Load:14.24, Inflammation Score:-6, Nutrition Score:5.4460868602214%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 273.12kcal (13.66%), Fat: 11.35g (17.46%), Saturated Fat: 2.95g (18.42%), Carbohydrates: 41.49g (13.83%), Net Carbohydrates: 39g (14.18%), Sugar: 26.21g (29.13%), Cholesterol: 11.63mg (3.88%), Sodium: 149.32mg (6.49%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Protein: 3.26g (6.51%), Vitamin A: 910.32IU (18.21%), Vitamin E: 1.76mg (11.72%), Manganese: 0.22mg (11.03%), Fiber: 2.5g (9.98%), Potassium: 295.27mg (8.44%), Iron: 1.4mg (7.79%), Vitamin B3: 1.35mg (6.77%), Vitamin B2: 0.1mg (6.18%), Copper: 0.12mg (6.03%), Folate: 23.22µg (5.8%), Vitamin B1: 0.08mg (5.5%), Phosphorus: 52mg (5.2%), Selenium: 3.12µg (4.46%), Magnesium: 17.42mg (4.35%), Vitamin B5: 0.28mg (2.79%), Vitamin B6: 0.05mg (2.62%), Calcium: 25.99mg (2.6%), Vitamin K: 2.61µg (2.48%), Zinc: 0.32mg (2.1%)