



## Dried Cherry-and-Pear Fried Pies

 Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



305 kcal

DESSERT

### Ingredients

- 6 ounce cherries dried
- 3 large pears peeled chopped
- 15 ounce piecrusts refrigerated
- 0.5 cup sugar
- 18 servings vegetable oil

### Equipment

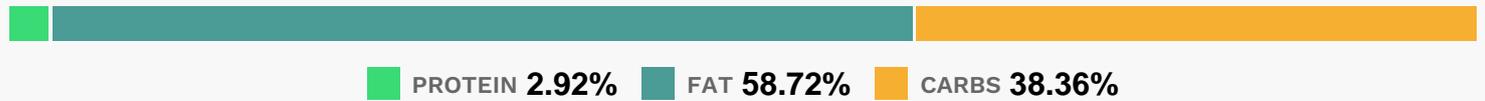
- frying pan
- baking sheet

sauce pan

## Directions

- Cook first 3 ingredients in a saucepan over medium heat 5 minutes. Reduce heat, and simmer, stirring occasionally, 20 minutes or until pears are tender. Chill 1 hour.
- Drain pear mixture, discarding liquid.
- Roll piecrusts into 12-inch circles; cut each into 9 (4-inch) circles.
- Spoon 1 rounded tablespoonful pear mixture onto half of each pastry circle. Moisten edges with water; fold dough over fruit mixture, pressing edges to seal. Crimp with a fork dipped in flour.
- Pour oil to a depth of 1/2 inch into a large heavy skillet; heat to 35
- Fry pies, in batches, 2 minutes on each side.
- NOTE: Pies may be baked on lightly greased baking sheets at 425 for 12 minutes. Piecrusts may also be cut into 5 (7-inch) circles to make larger pies. Spoon filling evenly onto circles.

## Nutrition Facts



## Properties

Glycemic Index:5.94, Glycemic Load:5.58, Inflammation Score:-3, Nutrition Score:4.2556521788887%

## Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 305.01kcal (15.25%), Fat: 20.23g (31.12%), Saturated Fat: 4.07g (25.44%), Carbohydrates: 29.74g (9.91%), Net Carbohydrates: 27.07g (9.84%), Sugar: 14.17g (15.75%), Cholesterol: 0mg (0%), Sodium: 98.58mg (4.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.52%), Vitamin K: 29.16µg (27.77%), Fiber: 2.67g (10.67%), Vitamin E: 1.3mg (8.67%), Vitamin A: 345.29IU (6.91%), Manganese: 0.12mg (6.15%), Folate: 19.22µg

(4.81%), Iron: 0.84mg (4.68%), Vitamin B1: 0.07mg (4.64%), Vitamin B3: 0.7mg (3.5%), Vitamin B2: 0.05mg (3.01%),  
Copper: 0.05mg (2.48%), Phosphorus: 21.61mg (2.16%), Selenium: 1.42µg (2.03%), Vitamin C: 1.65mg (2%),  
Potassium: 67.49mg (1.93%), Calcium: 16.5mg (1.65%), Magnesium: 6.23mg (1.56%), Vitamin B6: 0.02mg (1.15%),  
Vitamin B5: 0.11mg (1.14%)