



## Fried Cherry Walnut Pies

READY IN



70 min.

SERVINGS



24

CALORIES



267 kcal

DESSERT

### Ingredients

- 0.3 cup butter melted
- 24 servings confectioners' sugar for garnish
- 0.7 cup plus light
- 0.5 cup cherries dried finely chopped
- 1 egg yolk beaten
- 2 large eggs
- 1 cup granulated sugar
- 2 premade pie crusts
- 0.1 teaspoon salt

- 1 teaspoon vanilla extract
- 24 servings vegetable oil for frying
- 1.5 cups walnuts chopped

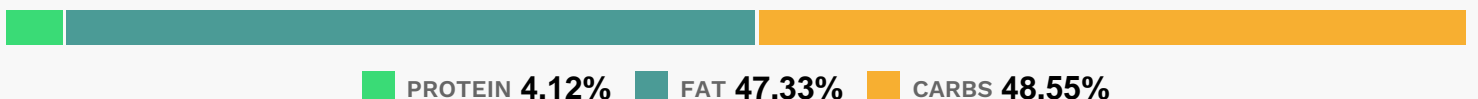
## Equipment

- paper towels
- sauce pan
- wax paper
- dutch oven
- deep fryer

## Directions

- In a Dutch oven or deep fryer, pour the oil to a depth of 5 inches.
- Heat the oil over medium heat to 350 degrees F.
- In a cold medium saucepan, combine the granulated sugar, corn syrup, melted butter, and eggs. Stir in the walnuts, vanilla, and salt. Bring to a boil over medium heat. Reduce the heat, and simmer for 10 minutes. Stir in the cherries. Cool for 20 minutes.
- On a lightly floured surface, unroll 1 pie crust.
- Cut circles from the dough using a 4-inch cutter. Re-roll and cut circles from the dough scraps. Stack the dough circles between pieces of wax paper. Repeat the procedure with the remaining pie crusts.
- Place 1 pie crust circle on a flat surface. Lightly brush the edges of the crust with beaten egg yolk.
- Place 1 heaping tablespoon of walnut mixture in the center of the circle. Fold the dough over the filling, pressing the edges to seal. Repeat with the remaining rounds and walnut mixture.
- Fry the pies, in batches, until lightly browned, about 1 minute per side.
- Drain on paper towels. Lightly dust with confectioners' sugar, if desired.

## Nutrition Facts



## Properties

Glycemic Index:6.63, Glycemic Load:7.3, Inflammation Score:-2, Nutrition Score:3.718260878778%

## Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

## Nutrients (% of daily need)

Calories: 266.82kcal (13.34%), Fat: 14.46g (22.24%), Saturated Fat: 3.85g (24.09%), Carbohydrates: 33.37g (11.12%), Net Carbohydrates: 32.29g (11.74%), Sugar: 24.96g (27.73%), Cholesterol: 30.38mg (10.13%), Sodium: 103.28mg (4.49%), Alcohol: 0.06g (100%), Alcohol %: 0.1% (100%), Protein: 2.83g (5.67%), Manganese: 0.31mg (15.75%), Copper: 0.13mg (6.59%), Vitamin K: 6.62µg (6.3%), Folate: 20.23µg (5.06%), Vitamin B1: 0.07mg (4.84%), Phosphorus: 47.44mg (4.74%), Selenium: 3.06µg (4.37%), Fiber: 1.08g (4.33%), Vitamin A: 203.35IU (4.07%), Iron: 0.73mg (4.03%), Vitamin B2: 0.06mg (3.67%), Magnesium: 14.39mg (3.6%), Vitamin E: 0.48mg (3.21%), Vitamin B6: 0.06mg (2.81%), Zinc: 0.41mg (2.71%), Vitamin B3: 0.47mg (2.35%), Vitamin B5: 0.19mg (1.89%), Calcium: 17.61mg (1.76%), Potassium: 53.98mg (1.54%)