



Just Peachy Hand Pies

READY IN

ready

45 min.

SERVINGS

servings

16

CALORIES

calories

281 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 teaspoon cinnamon
- ☐ 4 teaspoons cornstarch
- ☐ 1 eggs beaten
- ☐ 1 tablespoon juice of lemon
- ☐ 2 pounds peaches diced pitted peeled
- ☐ 4 9-inch pie crusts
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup sugar divided

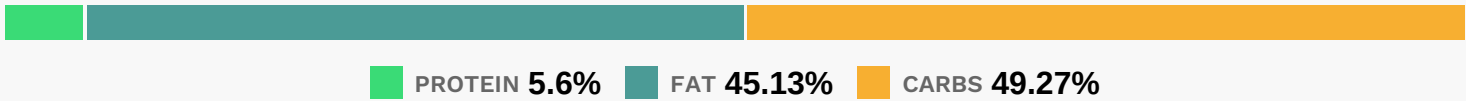
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Melt butter in a skillet over medium heat.
- ☐ Combine cornstarch with 1/3 cup sugar; add to skillet. Stir in peaches, cinnamon and salt. Cook until mixture thickens and boils, about 25 minutes, stirring frequently. Boil for one minute; remove from heat and stir in lemon juice. Cool completely; set aside.
- ☐ Cut crusts into quarters; spoon 2 tablespoons filling into the center of each quarter, leaving 3/4-inch dough uncovered on each side. Fold dough over filling; press edges together to seal.
- ☐ Transfer pies to 2 ungreased baking sheets.
- ☐ Brush tops of pies with egg; sprinkle with remaining sugar.
- ☐ Cut a one-inch slit in the top of each pie.
- ☐ Bake at 425 degrees for 18 to 20 minutes until golden, rotating baking sheets between upper and lower racks halfway through baking.
- ☐ Remove to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:4.87, Inflammation Score:-3, Nutrition Score:5.1639129830443%

Flavonoids

Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg

0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 280.98kcal (14.05%), Fat: 14.18g (21.81%), Saturated Fat: 4.63g (28.92%), Carbohydrates: 34.83g (11.61%), Net Carbohydrates: 32.65g (11.87%), Sugar: 8.95g (9.95%), Cholesterol: 12.11mg (4.04%), Sodium: 239.68mg (10.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.92%), Manganese: 0.28mg (13.94%), Vitamin B1: 0.15mg (10.17%), Folate: 39.92µg (9.98%), Vitamin B3: 1.81mg (9.06%), Fiber: 2.17g (8.7%), Iron: 1.56mg (8.65%), Selenium: 4.94µg (7.05%), Vitamin B2: 0.12mg (6.85%), Phosphorus: 54.35mg (5.43%), Vitamin K: 5.46µg (5.2%), Vitamin E: 0.7mg (4.65%), Vitamin A: 222.48IU (4.45%), Copper: 0.08mg (4.24%), Potassium: 123.28mg (3.52%), Vitamin B5: 0.33mg (3.34%), Vitamin C: 2.69mg (3.26%), Magnesium: 12.53mg (3.13%), Zinc: 0.4mg (2.63%), Vitamin B6: 0.04mg (2.23%), Calcium: 14.89mg (1.49%)