

Mini Cherry Pies

 Vegetarian

READY IN



120 min.

SERVINGS



24

CALORIES



163 kcal

DESSERT

Ingredients

- 4 cups cherries fresh pitted
- 2 tablespoons cornstarch
- 2.3 cups flour all-purpose plus more for bench and cutters
- 4 tablespoons ice water as needed plus more
- 1 tablespoon lemon zest fresh
- 0.3 teaspoon sea salt fine
- 1 cup sugar
- 2 tablespoons sugar

- 2 sticks butter unsalted chilled cut into 1/2-inch cubes

Equipment

- food processor
- bowl
- sauce pan
- oven
- knife
- whisk
- wire rack
- plastic wrap
- muffin tray
- mini muffin tray
- dough scraper

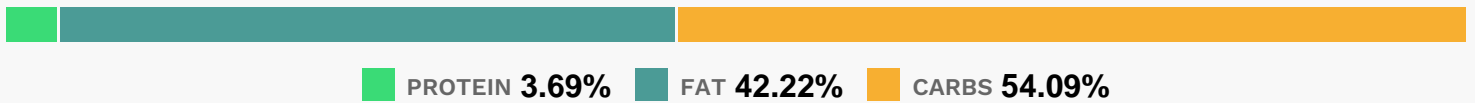
Directions

- Watch how to make this recipe.
- For the crust: In a food processor, combine the flour, sugar, salt and butter. Pulse the processor until the mixture resembles fine sand.
- Remove the lid and add the ice water to the mixture. Run the processor just until the mixture rolls itself into a little ball. If the mixture is a bit dry, add more ice water by the tablespoonful until it comes together. Gather the dough into a ball. With a bench scraper or knife, divide the mixture evenly in half. Shape each half into a disk. Wrap each disk in plastic wrap and chill at least 30 minutes.
- Cook's Note: At this point you can keep the wrapped dough in the refrigerator for a few days or freeze for later use.
- For the filling: In a saucepan, combine the pitted cherries and 1 cup water over medium-low heat for 10 minutes. In a small bowl, combine the sugar and cornstarch. Using a whisk, swirl the ingredients together, making sure that there aren't any lumps in the cornstarch.
- Add the sugar-cornstarch mixture and lemon zest to the cherries. Cook the cherry mixture until it comes to a rolling boil. Cook 1 minute more, until thickened. Allow the cherry filling to

cool slightly while you prepare the crust.

- Preheat the oven to 425 degrees F. Spray a 24 cup mini muffin tin or 2 (12 cup) mini muffin tins with cooking spray.
- Roll the dough disks out into 10-inch rounds on a well-floured work surface. With a 1 1/2-inch round cookie or biscuit cutter, edge lightly dipped in flour, cut 24 rounds from the first rolled out disk. With a 2-inch round cookie or biscuit cutter, edge lightly dipped in flour, cut 24 rounds from the second rolled out disk. You should have a total of 24 (1 1/2-inch) rounds and 24 (2-inch) rounds for matching top and bottom crusts.
- Gently fit the 2-inch dough rounds into the bottom of the prepared mini muffin tin. Make sure to pat down the bottom and the excess coming up the sides. Spoon about 1 heaping tablespoon cooled pie filling into each crust-lined cup. Fit the top of each mini pie with a 1 1/2-inch dough round, pushing down gently and sealing the bottom crust and top crust by crimping the edges together with a fork. With a sharp paring knife, make 3 small incisions on the top crust, to allow the steam to escape.
- Bake until the edges are golden brown and the filling is bubbly, about 12 minutes. Allow to cool on a wire rack, and then remove from the muffin tin.

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:13.69, Inflammation Score:-2, Nutrition Score:2.5808695800926%

Flavonoids

Cyanidin: 6.95mg, Cyanidin: 6.95mg, Cyanidin: 6.95mg, Cyanidin: 6.95mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg Catechin: 1mg, Catechin: 1mg, Catechin: 1mg, Catechin: 1mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 1.15mg, Epicatechin: 1.15mg, Epicatechin: 1.15mg, Epicatechin: 1.15mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 163.25kcal (8.16%), Fat: 7.83g (12.05%), Saturated Fat: 4.86g (30.4%), Carbohydrates: 22.57g (7.52%), Net Carbohydrates: 21.74g (7.91%), Sugar: 12.31g (13.67%), Cholesterol: 20.25mg (6.75%), Sodium: 25.79mg (1.12%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.08%), Vitamin B1: 0.1mg (6.59%), Selenium: 4.14µg (5.92%), Folate: 22.68µg (5.67%), Vitamin A: 250.17IU (5%), Manganese: 0.1mg (4.86%), Vitamin B2: 0.07mg (4.16%), Vitamin B3: 0.73mg (3.66%), Iron: 0.64mg (3.55%), Fiber: 0.83g (3.33%), Vitamin C: 1.93mg (2.34%), Phosphorus: 19.86mg (1.99%), Potassium: 66.47mg (1.9%), Copper: 0.03mg (1.69%), Vitamin E: 0.24mg (1.61%), Magnesium: 5.38mg (1.34%), Vitamin K: 1.18µg (1.12%), Vitamin B5: 0.11mg (1.08%)