



Mini-Cherry Pies

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



447 kcal

DESSERT

Ingredients

- 2 pounds cherries sour pitted
- 2 tablespoons cornstarch
- 4 cups flour all-purpose
- 0.8 cup granulated sugar divided
- 3 tablespoons cup heavy whipping cream
- 1 tablespoon juice of lemon fresh
- 0.5 cup pecans toasted
- 0.3 cup sugar

- 1 cup butter unsalted cold cut into ½- inch cubes
- 1 teaspoon vanilla extract pure
- 0.7 tablespoon water cold divided

Equipment

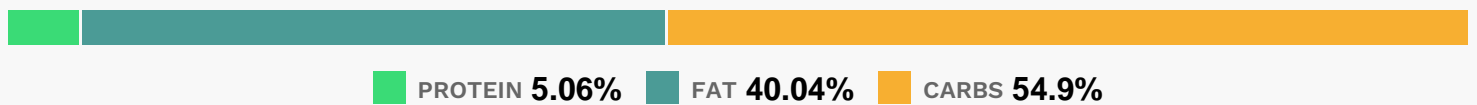
- food processor
- bowl
- sauce pan
- oven
- knife
- plastic wrap
- spatula

Directions

- Add butter to flour mixture, pulsing until mixture is crumbly, approximately 30 seconds. With the food processor running, gradually add 2/3 cup cold water, in a slow steady stream, through lid opening until mixture forms a ball. Flatten dough into 2 disks, wrap in plastic wrap and refrigerate for 1 hour. Preheat oven to 350 degrees. On a lightly floured surface, roll 1 pastry disk to a 1/8-inch thickness. Fit dough into 12 (2-1/2-inch) mini pie plates. Trim dough around the edges. Freeze until dough is firm, approximately 10 minutes. Prick the bottoms and sides of dough with a fork.
- Bake until golden, 6 to 8 minutes. In a small bowl, combine cornstarch and remaining 2 tablespoons cold water, stirring until mixture is blended. In a large saucepan, combine cherries, cornstarch mixture, remaining 1/4 cup granulated sugar, and remaining 1/2 teaspoon salt. Cook over medium heat until cherries are soft and mixture is thick.
- Add lemon juice and vanilla, stirring to combine. On a lightly floured surface, roll remaining pastry disk to a 1/8-inch thickness.
- Cut dough into very thin (1/8 to 1/4-inch-wide) strips. Arrange enough dough strips vertically side by side to achieve at least a 2-1/2-inch width. Pull back halfway every other vertical strip, and place a strip horizontally across remaining vertical strips. Return to their original positions the vertical strips that were pulled back, and pull back the other vertical strips.

- Place another strip horizontally across remaining vertical strips as close as possible to first horizontal strip. Continue to tightly weave 1 horizontal strip at a time into the vertical strips, working out from the center to make at least a 2-1/2-x-2-1/2-inch lattice top for each mini pie. Using a spatula, carefully transfer lattice tops to prepared pie plates. Using a knife, trim the edges. Gently press edge of lattice tops to seal.
- Brush top and edges of dough with cream.
- Sprinkle the top of each pie with 1 teaspoon turbinado sugar.
- Bake until crusts are golden, 18 to 24 minutes.
- Serve warm with a scoop of vanilla ice cream, if desired.

Nutrition Facts



Properties

Glycemic Index:14.76, Glycemic Load:34.06, Inflammation Score:-6, Nutrition Score:9.4621739130435%

Flavonoids

Cyanidin: 23.28mg, Cyanidin: 23.28mg, Cyanidin: 23.28mg, Cyanidin: 23.28mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg Catechin: 3.59mg, Catechin: 3.59mg, Catechin: 3.59mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 3.81mg, Epicatechin: 3.81mg, Epicatechin: 3.81mg, Epicatechin: 3.81mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 447.25kcal (22.36%), Fat: 20.27g (31.19%), Saturated Fat: 10.93g (68.3%), Carbohydrates: 62.54g (20.85%), Net Carbohydrates: 59.41g (21.6%), Sugar: 26.76g (29.73%), Cholesterol: 44.91mg (14.97%), Sodium: 4.38mg (0.19%), Protein: 5.76g (11.52%), Manganese: 0.53mg (26.38%), Vitamin B1: 0.38mg (25.12%), Selenium: 14.7µg (21%), Folate: 81.15µg (20.29%), Vitamin B2: 0.25mg (14.85%), Vitamin B3: 2.64mg (13.19%), Iron: 2.35mg (13.04%), Fiber: 3.12g (12.5%), Vitamin A: 578.62IU (11.57%), Copper: 0.16mg (8.04%), Phosphorus: 79.35mg (7.94%),

Vitamin C: 5.84mg (7.08%), Potassium: 240.71mg (6.88%), Magnesium: 23.36mg (5.84%), Vitamin E: 0.61mg (4.07%), Vitamin B5: 0.4mg (4.01%), Zinc: 0.56mg (3.75%), Vitamin B6: 0.07mg (3.33%), Vitamin K: 3.3µg (3.14%), Calcium: 26.77mg (2.68%), Vitamin D: 0.34µg (2.29%)