



Nectarine-Raspberry Hand Pies



Vegetarian



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large eggs
- ☐ 1 medium nectarines pitted cut into 1/2-inch chunks
- ☐ 1 sheet puff pastry frozen thawed ()
- ☐ 0.3 cup raspberries fresh
- ☐ 2 tablespoons sugar

Equipment

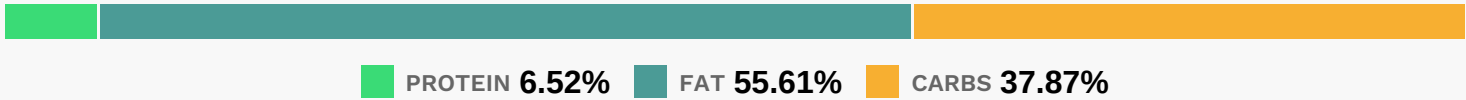
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat oven to 400F. Line a rimmed baking sheet with parchment. In a bowl, combine nectarine, berries and 2 Tbsp. sugar. On another piece of parchment, cut puff pastry into four equal squares. In a bowl, whisk egg with 1 tsp. water.
- ☐ Brush edges of a pastry square with egg wash. Spoon 1/4 of fruit mixture onto center of pastry. Fold pastry diagonally to form a triangle. Using a fork, press edges to seal. Repeat with remaining pastry.
- ☐ Transfer pies to baking sheet.
- ☐ Brush with remaining egg wash; sprinkle with 1 tsp. sugar.
- ☐ Cut a small slit in top of each pie.
- ☐ Bake until pies are golden brown, 20 to 25 minutes, rotating sheet from front to back midway through. Allow pies to cool on a wire rack for at least 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:13.01, Glycemic Load:5.45, Inflammation Score:-1, Nutrition Score:2.1182608746964%

Flavonoids

Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 105.66kcal (5.28%), Fat: 6.58g (10.13%), Saturated Fat: 1.68g (10.5%), Carbohydrates: 10.09g (3.36%), Net Carbohydrates: 9.57g (3.48%), Sugar: 2.57g (2.85%), Cholesterol: 12.4mg (4.13%), Sodium: 46.67mg (2.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.47%), Selenium: 4.99µg (7.13%), Manganese: 0.1mg (4.96%), Vitamin B1: 0.07mg (4.68%), Vitamin B3: 0.8mg (4.01%), Vitamin B2: 0.07mg (3.83%), Folate: 15.29µg (3.82%), Iron: 0.52mg (2.89%), Vitamin K: 2.98µg (2.84%), Fiber: 0.52g (2.07%), Phosphorus: 19.44mg (1.94%), Copper: 0.03mg (1.53%), Vitamin E: 0.2mg (1.32%), Magnesium: 4.31mg (1.08%), Zinc: 0.16mg (1.05%), Vitamin A: 50.25IU (1.01%)