



Panforte' pies

READY IN



45 min.

SERVINGS



12

CALORIES



307 kcal

DESSERT

Ingredients

- ☐ 140 g pinenuts mixed shelled
- ☐ 375 g pastry crust sweet
- ☐ 50 g butter
- ☐ 50 g muscovado sugar dark
- ☐ 3 tbsp maple syrup dark
- ☐ 50 g chocolate 70% chopped (cocoa)
- ☐ 1 eggs beaten
- ☐ 0.5 orange zest
- ☐ 50 g figs dried soft chopped

- ☐ 0.5 tsp cinnamon
- ☐ 150 ml whipping cream
- ☐ 1 tbsp powdered sugar
- ☐ 1 tbsp frangelico
- ☐ 1 tbsp frangelico

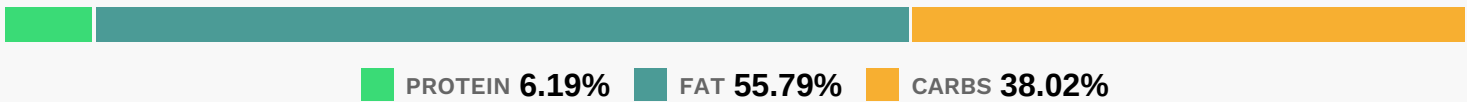
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Toast the nuts on a small baking tray for 5–8 mins until golden.
- ☐ Roll out the pastry on a lightly floured work surface and stamp 12 circles with a 7.5cm plain round cutter. Use to line the wells of a 12-hole bun tin. Chill until step
- ☐ (You will only use around half of the pastry.)
- ☐ Turn the oven down to 180C/160C fan/gas
- ☐ Melt the butter, sugar, syrup and chocolate together in a small pan, then beat in the egg, orange zest, figs and cinnamon. Stir in the toasted nuts.
- ☐ Spoon the nutty mixture into the pastry cases and bake for 18–20 mins until the pastry is pale golden. Cool for 10 mins in the tin, then remove to a rack until just warm. Whip the cream with the sugar and booze, then dust the pies with a little icing sugar and finish with a dollop of cream and a scattering of orange zest just before eating. Good with strong coffee or mint tea.

Nutrition Facts



Properties

Glycemic Index:19.42, Glycemic Load:8.64, Inflammation Score:-4, Nutrition Score:9.7143479326497%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 306.71kcal (15.34%), Fat: 19.56g (30.1%), Saturated Fat: 7.02g (43.87%), Carbohydrates: 30g (10%), Net Carbohydrates: 28.52g (10.37%), Sugar: 11.37g (12.64%), Cholesterol: 36.81mg (12.27%), Sodium: 188.93mg (8.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.88g (9.76%), Manganese: 1.34mg (66.97%), Vitamin B1: 0.22mg (14.87%), Vitamin B2: 0.25mg (14.77%), Selenium: 9.09µg (12.99%), Phosphorus: 113.12mg (11.31%), Copper: 0.22mg (10.96%), Magnesium: 42.39mg (10.6%), Iron: 1.9mg (10.58%), Vitamin B3: 1.86mg (9.28%), Vitamin E: 1.38mg (9.22%), Folate: 34.39µg (8.6%), Vitamin K: 8.27µg (7.87%), Zinc: 1.1mg (7.3%), Vitamin A: 320.49IU (6.41%), Fiber: 1.49g (5.94%), Potassium: 150.86mg (4.31%), Calcium: 29.92mg (2.99%), Vitamin B5: 0.25mg (2.48%), Vitamin B6: 0.04mg (2.02%), Vitamin D: 0.27µg (1.83%), Vitamin C: 0.94mg (1.13%)