



Pear-Cranberry Hand Pies

 Dairy Free

READY IN



90 min.

SERVINGS



25

CALORIES



281 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 pound bosc pears peeled cut into 1/2-inch dice
- ☐ 1 pinch cinnamon
- ☐ 0.8 cup cranberries fresh
- ☐ 1 eggs beaten
- ☐ 1 tablespoon flour for dusting all-purpose plus more
- ☐ 1 pinch ground cloves
- ☐ 1 package all-butter puff pastry cold
- ☐ 1 pinch salt

- ☐ 0.3 cup sugar
- ☐ 25 servings whipped cream for serving

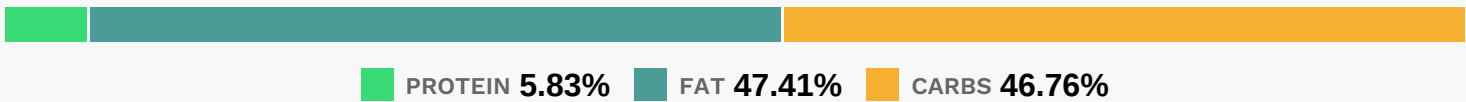
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife

Directions

- ☐ In a medium bowl, toss the diced pears with 1/3 cup of the sugar, 1 tablespoon of the flour and the cranberries, ground cloves, cinnamon and salt.
- ☐ On a lightly floured work surface, roll out the puff pastry to a 14 1/2-inch square, about 1/8 inch thick. Using a sharp knife, cut the pastry into 8 squares. Spoon the pear filling onto a corner of each square, leaving a 1/2-inch border. Fold the pastry over the filling to make a triangle and firmly press the edges to seal. Crimp the edges with a fork. Prick the top of each triangle once with the fork to allow steam to escape during baking.
- ☐ Transfer the hand pies to a baking sheet and refrigerate for at least 30 minutes, until chilled.
- ☐ Preheat the oven to 40
- ☐ Brush the chilled hand pies with the beaten egg and sprinkle them with the remaining 1 1/2 tablespoons of sugar.
- ☐ Bake the pies for about 30 minutes, until they are golden brown.
- ☐ Let the hand pies cool for at least 5 minutes.
- ☐ Serve with whipped cream or vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:13.95, Glycemic Load:17.76, Inflammation Score:-3, Nutrition Score:5.3878260954567%

Flavonoids

Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.47mg, Peonidin: 1.47mg, Peonidin: 1.47mg, Peonidin: 1.47mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 1.5mg, Epicatechin: 1.5mg, Epicatechin: 1.5mg, Epicatechin: 1.5mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 280.59kcal (14.03%), Fat: 14.96g (23.02%), Saturated Fat: 6.44g (40.22%), Carbohydrates: 33.2g (11.07%), Net Carbohydrates: 31.2g (11.34%), Sugar: 20.47g (22.75%), Cholesterol: 35.59mg (11.86%), Sodium: 106.12mg (4.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.28%), Vitamin B2: 0.23mg (13.76%), Selenium: 6.63µg (9.47%), Calcium: 91.11mg (9.11%), Phosphorus: 89.56mg (8.96%), Fiber: 2g (8.01%), Vitamin B1: 0.11mg (7.52%), Manganese: 0.14mg (6.78%), Vitamin A: 298.46IU (5.97%), Folate: 22.54µg (5.63%), Potassium: 190.67mg (5.45%), Vitamin K: 5.11µg (4.87%), Vitamin B3: 0.97mg (4.87%), Vitamin B12: 0.27µg (4.55%), Vitamin B5: 0.44mg (4.38%), Zinc: 0.62mg (4.16%), Magnesium: 15.39mg (3.85%), Iron: 0.68mg (3.78%), Copper: 0.07mg (3.54%), Vitamin C: 2.38mg (2.88%), Vitamin E: 0.41mg (2.71%), Vitamin B6: 0.05mg (2.56%), Vitamin D: 0.17µg (1.11%)