



Prosciutto Wrapped Fig and Pecan Hand Pies with Gorgonzola

READY IN



60 min.

SERVINGS



8

CALORIES



619 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.5 cup flour all-purpose plus more for rolling surface
- ☐ 4 ounce gorgonzola crumbled
- ☐ 8 servings honey as needed
- ☐ 0.3 cup ice water
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 teaspoon lemon zest
- ☐ 3 tablespoon olive oil
- ☐ 5 ounce pecans shelled

- ☐ 8 slice pancetta
- ☐ 1 pinch salt and pepper
- ☐ 0.5 teaspoon thyme leaves minced
- ☐ 8 ounce butter unsalted cold cut into small pieces (2 sticks)

Equipment

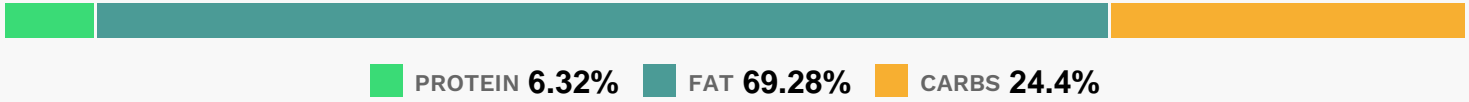
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ muffin tray

Directions

- ☐ Make the crust: Pulse flour and salt in a food processor until combined.
- ☐ Add butter, and process until mixture resembles coarse meal, about 10 seconds. With machine running, add ice water in a slow, steady stream until dough just comes together (no longer than 30 seconds). Divide dough in half, shape each into a square, and wrap in plastic. Refrigerate dough for at least 1 hour (or up to 2 days), or freeze for up to 1 month. On a lightly floured surface, roll out cold dough to 1/8 inch thick. Using a paring knife, cut out eight 5-inch squares, and fit into cups of standard sized muffin tin, leaving an overhang all around. Refrigerate for 30 minutes. Save the leftover dough for another use. Make the nut filling: Put nuts in a food processor. With processor running, slowly add oil until mixture is finely chopped.
- ☐ Add lemon zest and thyme leaves; season with salt and pepper. Scrape mixture into a small bowl and stir until combined. Set aside. Make the hand pies: Preheat oven to 400 degrees. Divide the nut filling evenly in the bottoms of chilled dough-lined muffin tins. Wrap each trimmed, whole fig with one slice of prosciutto, placing each into a nut filled dough-lined muffin tin hole.
- ☐ Sprinkle the tops with gorgonzola, adding a small drizzle of honey.
- ☐ Brush with egg wash.
- ☐ Place the muffin tin in the pre-heated oven and reduce heat to 37

- ☐ Bake pies until top crusts are golden brown and the figs are quite soft and the prosciutto is crisp, about 25 minutes.
- ☐ Let cool completely in the tin on a wire rack.
- ☐ Remove hand pies from tins and serve with a drizzle of honey.

Nutrition Facts



Properties

Glycemic Index:26.16, Glycemic Load:24.74, Inflammation Score:-7, Nutrition Score:13.336086822593%

Flavonoids

Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg Delphinidin: 1.29mg, Delphinidin: 1.29mg, Delphinidin: 1.29mg, Delphinidin: 1.29mg Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

Nutrients (% of daily need)

Calories: 619.16kcal (30.96%), Fat: 48.63g (74.82%), Saturated Fat: 20.16g (125.99%), Carbohydrates: 38.54g (12.85%), Net Carbohydrates: 35.74g (13%), Sugar: 6.65g (7.39%), Cholesterol: 76.86mg (25.62%), Sodium: 516.17mg (22.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.97g (19.95%), Manganese: 1.08mg (53.78%), Vitamin B1: 0.45mg (30.09%), Selenium: 17.92µg (25.6%), Folate: 81.55µg (20.39%), Vitamin B2: 0.29mg (17.04%), Vitamin A: 835.49IU (16.71%), Phosphorus: 164.88mg (16.49%), Vitamin B3: 3mg (15.02%), Copper: 0.29mg (14.36%), Iron: 2.43mg (13.49%), Vitamin E: 1.76mg (11.7%), Fiber: 2.8g (11.2%), Zinc: 1.59mg (10.62%), Calcium: 101.86mg (10.19%), Magnesium: 35.26mg (8.82%), Vitamin B5: 0.65mg (6.5%), Vitamin K: 6.22µg (5.93%), Vitamin B6: 0.1mg (5.12%), Potassium: 178.09mg (5.09%), Vitamin B12: 0.26µg (4.35%), Vitamin D: 0.53µg (3.52%)