



Roasted Cherry Hand Pies

 Vegetarian

READY IN



295 min.

SERVINGS



12

CALORIES



299 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 tablespoons almond paste
- ☐ 0.5 cup butter
- ☐ 1 tablespoon butter
- ☐ 12 oz cherries sweet frozen
- ☐ 6 tablespoons little demerara sugar divided
- ☐ 0.5 cup cherries dried
- ☐ 1 large eggs
- ☐ 2.5 cups flour all-purpose

- ☐ 4 Tbsp ice-cold water
- ☐ 0.3 cup ice-cold vodka
- ☐ 0.3 cup raspberry preserves seedless
- ☐ 0.8 teaspoon salt
- ☐ 1 teaspoon vanilla bean paste

Equipment

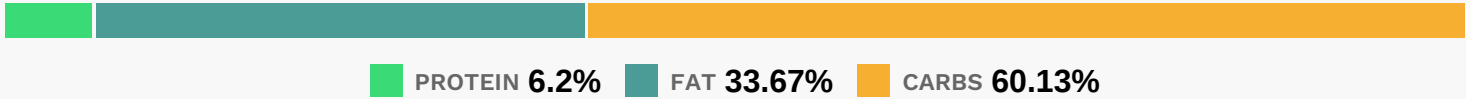
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ baking pan
- ☐ wax paper
- ☐ spatula

Directions

- ☐ Cut 1/2 cup butter into small cubes; chill butter and almond paste 15 minutes. Stir together flour and salt.
- ☐ Cut butter and almond paste into flour mixture with a pastry blender until it resembles small peas. Gradually stir in vodka and 1/4 cup ice-cold water with a fork, stirring just until dough begins to form a ball and leaves sides of bowl, adding up to 1 Tbsp. more water if necessary.
- ☐ Place dough on plastic wrap; shape into a flat disk.
- ☐ Divide dough into 12 portions. Shape each into a ball. Flatten each into a 3-inch circle on a lightly floured surface; roll into a 5-inch circle. Stack circles between layers of plastic wrap or wax paper. Cover stack with plastic wrap; chill 2 to 24 hours.

- ☐ Preheat oven to 42
- ☐ Spread frozen cherries in a lightly greased 13- x 9-inch baking dish; sprinkle with 4 Tbsp. Demerara sugar.
- ☐ Bake 25 minutes or until juice begins to thicken, stirring every 10 minutes.
- ☐ Remove from oven; immediately scrape cherries and juice into a bowl, using a rubber spatula. Stir in dried cherries and next 3 ingredients; cover with plastic wrap. Cool completely (45 minutes).
- ☐ Working with 1 circle at a time, spoon 1 heaping Tbsp. cherry mixture into center of each dough circle; fold dough over filling. Press edges together with a fork to seal.
- ☐ Place on a parchment paper-lined baking sheet.
- ☐ Whisk together egg and 1 Tbsp. water.
- ☐ Brush pies with egg mixture.
- ☐ Cut 1 to 2 slits in top of each pie; sprinkle with remaining Demerara sugar.
- ☐ Bake at 425 for 15 to 20 minutes or until golden.
- ☐ Remove from pan to a wire rack, and cool 15 minutes.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:18.77, Inflammation Score:-5, Nutrition Score:6.2947826800139%

Flavonoids

Cyanidin: 8.56mg, Cyanidin: 8.56mg, Cyanidin: 8.56mg, Cyanidin: 8.56mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.43mg, Peonidin: 0.43mg, Peonidin: 0.43mg, Peonidin: 0.43mg Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 298.69kcal (14.93%), Fat: 10.81g (16.63%), Saturated Fat: 5.78g (36.15%), Carbohydrates: 43.42g (14.47%), Net Carbohydrates: 41.29g (15.01%), Sugar: 19.05g (21.16%), Cholesterol: 38.34mg (12.78%), Sodium: 224.89mg (9.78%), Alcohol: 1.67g (100%), Alcohol %: 2% (100%), Protein: 4.48g (8.95%), Selenium: 10.63µg (15.18%), Vitamin B1: 0.22mg (14.7%), Folate: 56µg (14%), Manganese: 0.25mg (12.6%), Vitamin B2: 0.19mg (11.18%), Vitamin A: 485.46IU (9.71%), Iron: 1.62mg (9.02%), Fiber: 2.13g (8.53%), Vitamin B3: 1.67mg (8.34%), Vitamin E: 1.06mg (7.05%), Phosphorus: 60.69mg (6.07%), Copper: 0.09mg (4.68%), Magnesium: 17.05mg (4.26%), Potassium: 124.99mg (3.57%), Vitamin C: 2.82mg (3.42%), Calcium: 29.04mg (2.9%), Vitamin B5: 0.25mg (2.54%), Zinc: 0.35mg (2.36%), Vitamin B6: 0.04mg (1.83%), Vitamin K: 1.43µg (1.36%)