



Spiced Pear Hand Pies

READY IN



105 min.

SERVINGS



12

CALORIES



245 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons agave nectar light
- ☐ 4 large anjou usa pears diced cored ripe peeled
- ☐ 1 tablespoon butter
- ☐ 1 eggs beaten
- ☐ 0.5 teaspoon ginger fresh grated
- ☐ 2 teaspoons ground cardamom
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 teaspoons ground cloves
- ☐ 1 package pie crusts thawed per package), in the refrigerator

☐ 1 vanilla pod split seeds removed

Equipment

☐ frying pan

☐ baking sheet

☐ oven

☐ canning jar

Directions

☐ In a medium saute pan, heat the butter until melted.

☐ Add the diced pears to the butter and cook until they begin to release some liquid, about 5–6 minutes.

☐ Add the vanilla bean (and the seeds), agave nectar, dried spices and grated ginger. Bring to a simmer, then reduce heat to low and cook until mixture begins to thicken and the fruit is tender, about 20 minutes.

☐ Remove from heat and allow to cool completely.

☐ Preheat oven to 375 degrees.

☐ Working on a floured surface, roll out the pie crusts so that they are about 1/3–inch thick. Using a 3–inch round cutter (I used a large mason jar lid), cut out rounds of the dough.

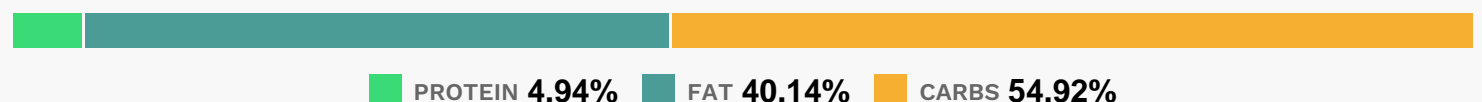
☐ Add a heaping spoonful of mixture to each round and fold over. Using a fork, crimp the edges to seal and place on parchment lined baking sheet. Once done, place the pies in the fridge for 20 minutes.

☐ Before baking, vent each pie on the top with two small slits.

☐ Brush each with a bit of egg wash.

☐ Bake for 20–22 minutes (depending on your oven) or until bubbling and golden brown – it's okay if you get some oozing out of the top and sides. They're supposed to be rustic. Allow to cool slightly before eating – the filling is HOT!

Nutrition Facts



Properties

Glycemic Index:10.56, Glycemic Load:4.02, Inflammation Score:-2, Nutrition Score:5.4560869128808%

Flavonoids

Cyanidin: 1.58mg, Cyanidin: 1.58mg, Cyanidin: 1.58mg, Cyanidin: 1.58mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 244.56kcal (12.23%), Fat: 11.12g (17.1%), Saturated Fat: 3.74g (23.37%), Carbohydrates: 34.22g (11.41%), Net Carbohydrates: 30.62g (11.13%), Sugar: 11.07g (12.3%), Cholesterol: 16.15mg (5.38%), Sodium: 164.66mg (7.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.15%), Manganese: 0.52mg (26.16%), Fiber: 3.6g (14.4%), Folate: 34.47µg (8.62%), Vitamin B1: 0.12mg (7.95%), Vitamin K: 7.85µg (7.47%), Iron: 1.26mg (7%), Vitamin B2: 0.11mg (6.44%), Vitamin B3: 1.16mg (5.82%), Vitamin C: 4.27mg (5.18%), Selenium: 3.42µg (4.89%), Copper: 0.1mg (4.84%), Phosphorus: 44.27mg (4.43%), Potassium: 138.24mg (3.95%), Magnesium: 13.15mg (3.29%), Vitamin B6: 0.06mg (3.08%), Vitamin E: 0.41mg (2.74%), Vitamin B5: 0.25mg (2.46%), Zinc: 0.33mg (2.18%), Calcium: 21.32mg (2.13%), Vitamin A: 69.51IU (1.39%)