



Strawberry-Rhubarb Hand Pies

READY IN



130 min.

SERVINGS



12

CALORIES



279 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter cold
- ☐ 1 tablespoon cornstarch
- ☐ 1 egg yolk beaten
- ☐ 2.3 cups flour all-purpose
- ☐ 3 tablespoons ice-cold water
- ☐ 3 tablespoons orange juice
- ☐ 3 teaspoons orange zest divided
- ☐ 0.8 cup rhubarb diced finely
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup shortening chilled
- ☐ 0.8 cup strawberries fresh diced finely
- ☐ 6 tablespoons sugar divided
- ☐ 12 servings sugar
- ☐ 1 tablespoon whipping cream

Equipment

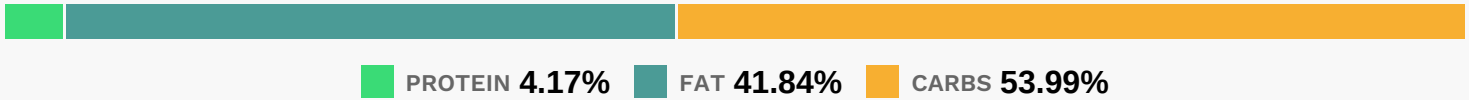
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ Combine strawberries, rhubarb, cornstarch, 2 Tbsp. sugar, and 1 1/2 tsp. orange zest in a small bowl.
- ☐ Preheat oven to 37
- ☐ Combine flour, salt, and remaining 1/4 cup sugar in a large bowl.
- ☐ Cut in butter and shortening with a pastry blender until mixture resembles small peas. Stir in remaining 1 1/2 tsp. orange zest.
- ☐ Drizzle with ice-cold water and orange juice. Stir with a fork until combined. (
- ☐ Mixture will be crumbly and dry.) Knead mixture lightly, and shape dough into a disk. Divide dough in half.
- ☐ Roll half of dough to 1/8-inch thickness on a heavily floured surface. (Cover remaining dough with plastic wrap.)
- ☐ Cut with a 2 1/4-inch round cutter, rerolling scraps as needed.
- ☐ Place half of dough rounds 2 inches apart on a parchment paper-lined baking sheets. Top with 1 rounded teaspoonful strawberry mixture. Dampen edges of dough with water, and top with remaining dough rounds, pressing edges to seal. Crimp edges with a fork, and cut a slit in

- top of each round for steam to escape. Repeat procedure with remaining dough and strawberry mixture.
- ☐ Stir together egg yolk and cream; brush pies with egg wash.
 - ☐ Sprinkle with sugar. Freeze pies 10 minutes.
 - ☐ Bake at 375 for 20 to 25 minutes or until lightly browned. Cool 10 minutes.
 - ☐ Serve warm or at room temperature. Store in an airtight container up to 2 days.

Nutrition Facts



Properties

Glycemic Index:30.85, Glycemic Load:25.97, Inflammation Score:-3, Nutrition Score:5.2086956915648%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 278.68kcal (13.93%), Fat: 13.13g (20.2%), Saturated Fat: 6.4g (40.02%), Carbohydrates: 38.12g (12.71%), Net Carbohydrates: 37.1g (13.49%), Sugar: 18.96g (21.07%), Cholesterol: 37.95mg (12.65%), Sodium: 111.84mg (4.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.89%), Selenium: 9.17µg (13.1%), Vitamin B1: 0.2mg (13.09%), Folate: 49.53µg (12.38%), Manganese: 0.21mg (10.61%), Vitamin C: 8.71mg (10.56%), Vitamin B2: 0.14mg (8.16%), Vitamin B3: 1.47mg (7.34%), Iron: 1.21mg (6.74%), Vitamin A: 295.83IU (5.92%), Vitamin K: 5.49µg (5.23%), Fiber: 1.02g (4.07%), Vitamin E: 0.6mg (3.97%), Phosphorus: 38.3mg (3.83%), Copper: 0.05mg (2.28%), Vitamin B5: 0.22mg (2.18%), Potassium: 75.85mg (2.17%), Magnesium: 8.23mg (2.06%), Calcium: 18.19mg (1.82%), Zinc: 0.24mg (1.58%), Vitamin B6: 0.03mg (1.25%)