



Summertime Plum Hand Pies

 Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon cornstarch
- 2 tablespoon granulated sugar
- 1 pinch kosher salt
- 2 tablespoon orange juice fresh
- 1 teaspoon orange zest finely grated ()
- 1 pie pastry
- 2 cup plums pitted sliced
- 2 tablespoon sugar (for sprinkling)

Equipment

- bowl
- baking sheet
- oven
- knife
- plastic wrap
- rolling pin

Directions

- Prepare Pie Pastry recipe of your choice. Divide dough in half, shape into 2 discs about 5-inches in diameter and 3/4-inch thick. Wrap in plastic. Refrigerate at least 1 hour (or up to 2 days), or freeze up to 1 month. On a lightly floured surface use a lightly floured rolling pin to roll out one disc of chilled dough to a 12 or 13-inch round, a generous 1/8-inch thick.
- Cut out four 6-inch rounds, using a round cutter or appropriately-sized saucer and knife. Gather scraps and re-roll as needed so you can get 4 rounds. Repeat with other disc of dough.
- Lay the 8 rounds out evenly spaced on 2 parchment-lined baking sheets. Cover with plastic wrap and chill at least 20 minutes and up to 8 hours. Make the filling: In a large bowl, mix together sliced plums, granulated sugar, orange juice and zest, salt, and cornstarch; mix until well combined. Set aside about 20 minutes..
- Place the oven racks in the top and center positions. Preheat oven to 400 degrees F. Spoon a generous 1/4 cup plum filling onto each round mounding in the center, leaving a 1-inch border all around. Don't overfill or they will be difficult to seal.
- Brush edges lightly with egg wash. Carefully bring both sides up and towards center so they meet at top forming a football shape. Pinch edges together to seal. Then decoratively crimp or scallop edges as you like. Leave pasty sitting with decorative edge facing up.
- Brush with more egg wash.
- Sprinkle with turbinado sugar. Make 2 small slashes in crust with the point of a sharp knife to allow steam to escape. Repeat with remaining dough rounds. Refrigerate on baking sheets until chilled, about 20 minutes.
- Bake in heated oven for 10 minutes, then lower temperature to 350 degrees F.

Bake 15 to 20 more minutes until deeply golden, switching trays between racks halfway through the process.

Serve hot or at room temperature. Like this: Like Loading...

Nutrition Facts

PROTEIN 4.44% **FAT 34.66%** **CARBS 60.9%**

Properties

Glycemic Index: 20.09, Glycemic Load: 3.91, Inflammation Score: -2, Nutrition Score: 2.6773913088052%

Flavonoids

Cyanidin: 2.32mg, Cyanidin: 2.32mg, Cyanidin: 2.32mg, Cyanidin: 2.32mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg Epicatechin 3-gallate: 0.31mg, Epicatechin 3-gallate: 0.31mg, Epicatechin 3-gallate: 0.31mg, Epicatechin 3-gallate: 0.31mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg 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: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg

Nutrients (% of daily need)

Calories: 145.57kcal (7.28%), Fat: 5.67g (8.73%), Saturated Fat: 1.74g (10.89%), Carbohydrates: 22.43g (7.48%), Net Carbohydrates: 21.28g (7.74%), Sugar: 10.42g (11.58%), Cholesterol: 0mg (0%), Sodium: 92.02mg (4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.27%), Vitamin C: 6.38mg (7.74%), Manganese: 0.12mg (5.9%), Vitamin B1: 0.07mg (4.94%), Fiber: 1.15g (4.61%), Folate: 18.29µg (4.57%), Vitamin K: 4.2µg (4%), Vitamin B3: 0.76mg (3.83%), Iron: 0.65mg (3.61%), Vitamin A: 152.07IU (3.04%), Vitamin B2: 0.05mg (2.88%), Potassium: 95.37mg (2.72%), Phosphorus: 22.83mg (2.28%), Copper: 0.04mg (2.13%), Selenium: 1.26µg (1.81%), Magnesium: 6.69mg (1.67%), Vitamin B5: 0.15mg (1.51%), Vitamin E: 0.21mg (1.38%), Vitamin B6: 0.02mg (1.24%)