



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

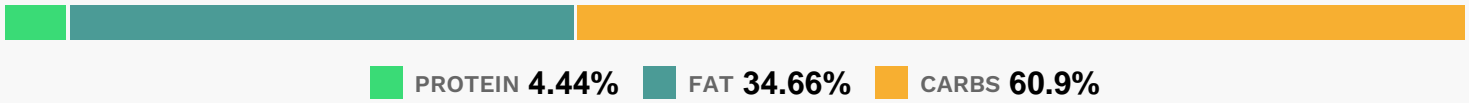
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ rolling pin

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



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 Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 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%)