 3%  
HEALTH SCORE

## White Chocolate Cherry Hand Pies

READY IN



45 min.

SERVINGS



10

CALORIES



419 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 10 servings pie crust dough
- 1.3 cups flour whole wheat
- 1.3 cups flour
- 2 Tbsp brown sugar
- 2 Tbsp brown sugar
- 0.5 Tsp salt
- 4 Tbsp butter unsalted cold
- 0.3 cup nonfat greek yogurt fat free
- 3 Tbsp unrefined sunflower oil

- 4 Tbsp water
- 1 egg whites
- 8 oz cream cheese softened
- 1 cup cherries fresh pitted
- 1 Tsp vanilla extract
- 0.3 cup chocolate chips white

## Equipment

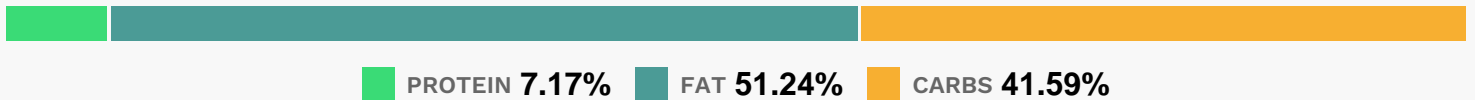
- food processor
- bowl
- baking sheet
- baking paper
- oven
- cookie cutter

## Directions

- Prepare the pie crust first. In a large bowl sift together flours, sugar and salt.
- Cut the butter into small pieces and add to the bowl. Rub the butter into the flour mixture with your hands until the pieces are small but still visible.
- Add oil and yogurt to the bowl and stir with a fork to combine. Knead the dough for one minute in a bowl. It will still be fairly crumbly.
- Transfer to a floured surface and continue to knead until you can form a ball of dough. Divide the dough in half and flatten into two discs. Wrap in cellophane and refrigerate at least one hour.
- While the dough chills, create the filling.
- Add all ingredients to a food processor and pulse until smooth. Refrigerate until ready to use.
- Preheat oven to 40
- Line a cookie sheet with parchment paper and set aside.
- When the dough is chilled, remove from the fridge and unwrap. Flour a large, smooth surface.

- Roll both balls of dough until they are each about inch thick. Use a cookie cutter to cut heart shapes or use a biscuit cutter/large glass to cut circles.
- Place half of the pie hearts onto the prepared cookie sheet and add one teaspoon of pie filling to the centre of each one.
- I added personalized messages to each pie using letter stamps I bought at a craft store. I stamped love be mine and honey on the heart shaped dough that would act as the tops of the pies.
- Wet your finger and paint it along the edges of each cut out.
- Place a second dough heart on top of the filling and press down along the edges to secure.
- Use the tines of a fork and press down along the edges to contain the pie filling.
- Brush a small amount of egg white on the top of each pie. This will give a nice golden colour to the pies.
- Bake for 20 minutes.
- Makes 10–12 mini pies (depending on the size of your cookie cutter. Mine was about 3 inches wide)

## Nutrition Facts



## Properties

Glycemic Index:19.4, Glycemic Load:11.24, Inflammation Score:-5, Nutrition Score:10.140869565217%

## Flavonoids

Cyanidin: 4.17mg, Cyanidin: 4.17mg, Cyanidin: 4.17mg, Cyanidin: 4.17mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg 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: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Taste

Sweetness: 65.26%, Saltiness: 34.97%, Sourness: 38.07%, Bitterness: 21.9%, Savoriness: 10.25%, Fattiness: 100%, Spiciness: 0%

## **Nutrients (% of daily need)**

Calories: 419.23kcal (20.96%), Fat: 24.17g (37.19%), Saturated Fat: 10.62g (66.37%), Carbohydrates: 44.14g (14.71%), Net Carbohydrates: 41.29g (15.01%), Sugar: 10.28g (11.42%), Cholesterol: 36.31mg (12.1%), Sodium: 288.15mg (12.53%), Protein: 7.61g (15.21%), Manganese: 0.83mg (41.42%), Selenium: 19.14µg (27.34%), Vitamin B1: 0.27mg (17.98%), Vitamin E: 2.32mg (15.46%), Vitamin B2: 0.24mg (13.94%), Folate: 53.67µg (13.42%), Phosphorus: 129.64mg (12.96%), Vitamin B3: 2.34mg (11.69%), Fiber: 2.86g (11.43%), Iron: 1.95mg (10.81%), Vitamin A: 458.48IU (9.17%), Magnesium: 32.81mg (8.2%), Copper: 0.12mg (6.05%), Calcium: 55.63mg (5.56%), Vitamin B6: 0.11mg (5.31%), Potassium: 185.56mg (5.3%), Zinc: 0.79mg (5.24%), Vitamin B5: 0.46mg (4.64%), Vitamin K: 3.68µg (3.51%), Vitamin B12: 0.12µg (2.04%), Vitamin C: 0.99mg (1.2%)