



Baby Strawberry and Honey Pies

 Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



172 kcal

DESSERT

Ingredients

- ☐ 0.5 tablespoon tapioca/arrowroot flour
- ☐ 1 eggs beaten
- ☐ 2 tablespoons honey
- ☐ 0.5 tablespoon juice of lemon
- ☐ 0.5 teaspoon orange zest grated
- ☐ 2 9-inch unroll-and-bake pie crusts refrigerated recommended: Pillsbury
- ☐ 8 medium strawberries hulled cut into 1/4-inch pieces, to yield 1 1/4 cups

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ cookie cutter
- ☐ muffin liners
- ☐ muffin tray
- ☐ pastry brush

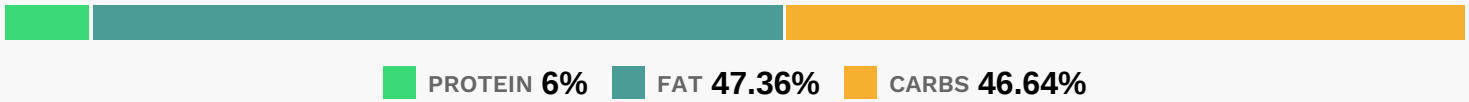
Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: a 12-count nonstick mini-muffin pan, a 3-inch round cookie cutter, a 2-inch round cookie cutter
- ☐ Put an oven rack in the center of the oven. Preheat the oven to 375 degrees F.
- ☐ For the crust: Spray a 12-count nonstick mini-muffin pan with vegetable oil cooking spray. Put a strip of parchment paper, 1-inch wide and 5-inches long into each muffin cup, allowing the excess paper to overhang the sides of the cups. Unroll the pie crust and using round cookie cutters, cut out 12 (3-inch) circles and 12 (2-inch) circles of dough. Lightly press the 3-inch circles of dough into the bottom and sides of the prepared muffin cups.
- ☐ For the filling: In a small bowl, whisk together the honey, lemon juice, arrowroot, and orange zest until smooth. Stir in the strawberries.
- ☐ Spoon the filling into the muffin cups and using a pastry brush, lightly brush the edges of the dough with beaten egg.
- ☐ Put the 2-inch circles of dough on top. Using the tines of a fork press the edges of the dough together to seal. Lightly brush the tops of the pastry with the beaten egg. Using the tip of a knife, make a 1/4-inch wide slit in the center of each pie.
- ☐ Bake until the crust is golden, about 14 to 15 minutes.
- ☐ Remove from the oven and cool for 30 minutes. Using the overhanging parchment paper as handles, remove the pies from the pan.

☐

Remove the parchment paper and serve.

Nutrition Facts



Properties

Glycemic Index:14.77, Glycemic Load:1.93, Inflammation Score:-1, Nutrition Score:3.0908695770347%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.99mg, Pelargonidin: 1.99mg, Pelargonidin: 1.99mg, Pelargonidin: 1.99mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 172.18kcal (8.61%), Fat: 9.06g (13.95%), Saturated Fat: 2.84g (17.72%), Carbohydrates: 20.09g (6.7%), Net Carbohydrates: 19.07g (6.93%), Sugar: 3.29g (3.66%), Cholesterol: 13.64mg (4.55%), Sodium: 141.78mg (6.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.17%), Manganese: 0.18mg (9.18%), Folate: 27.22µg (6.8%), Vitamin B1: 0.1mg (6.35%), Vitamin C: 5.08mg (6.15%), Iron: 0.98mg (5.45%), Vitamin B3: 0.94mg (4.7%), Vitamin B2: 0.08mg (4.51%), Selenium: 3.09µg (4.41%), Fiber: 1.02g (4.09%), Phosphorus: 33.4mg (3.34%), Vitamin K: 2.62µg (2.5%), Vitamin B5: 0.21mg (2.05%), Magnesium: 6.62mg (1.65%), Copper: 0.03mg (1.65%), Potassium: 52.31mg (1.49%), Zinc: 0.22mg (1.45%), Vitamin E: 0.22mg (1.44%), Vitamin B6: 0.03mg (1.4%), Calcium: 10.18mg (1.02%)