

Cakespy: How to Make Pumpkin Pie Pops

 Popular

READY IN



45 min.

SERVINGS



18

CALORIES



199 kcal

DESSERT

Ingredients

- ☐ 0.8 cup brown sugar
- ☐ 2 large eggs
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 teaspoon ground ginger
- ☐ 15 ounces pumpkin puree plain canned (not spiced)
- ☐ 0.5 teaspoon salt
- ☐ 12 ounces condensed milk sweetened canned

- ☐ 2 pie crust dough

Equipment

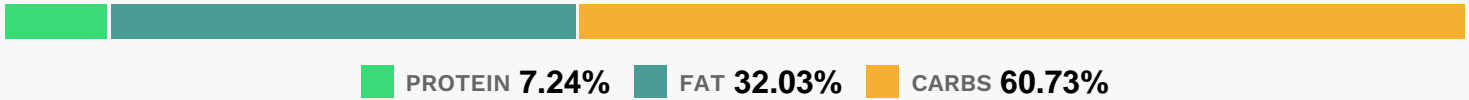
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ cookie cutter
- ☐ lollipop sticks

Directions

- ☐ Mix sugar, salt, and spices in a small bowl; set aside.
- ☐ Beat eggs in a separate large bowl.
- ☐ Stir the pumpkin and the sugar and spice mixture into the bowl with the beaten eggs and stir well, until fully combined.
- ☐ Gradually stir in the sweetened condensed milk.
- ☐ Set your pie filling mixture to the side for the moment.
- ☐ Prepare your pie dough.
- ☐ Roll out one of the unbaked pie crusts on a well-floured surface until it is about 9 inches in diameter, just as if you were baking a full-sized pie.
- ☐ Lightly flour the top of the rolled crust, and using a cookie cutter, biscuit cutter, or even an overturned glass or jar, cut out as many circles or rounds as you can. You can gather the scraps and roll out the remaining dough to get a few more cutouts. Repeat with your second batch of pie dough.
- ☐ Place half pie dough rounds on two cookie sheets, and press lollipop sticks into each of them, making sure that it is about 3/4 of the way up on the round. Stagger the placement of your rounds to accommodate the lollipop sticks.
- ☐ After you've pressed the lollipop stick into the round, place a small spoonful of pie filling in the center of each round, leaving about half an inch around to allow for pressing the top crust on the sides.
- ☐ Add the top crust: gently place a second round on top of the crust with a spoonful of filling, and using a fork, gently press the tines all around the sides to ensure that the pie pops are sealed and that the filling will not leak. If some of the filling comes out while you are doing this,

- it's OK. Press the fork tines on the top of the pie pop once or twice to allow air to escape.
- ☐ If desired, brush the tops of the pie pops with an egg wash. I did not do this, but they came out fine.
 - ☐ Preheat oven to 425°F.
 - ☐ Place your pie pops in the oven and reduce heat to 350°F.
 - ☐ Bake for about 15 minutes, or until golden around the edges.

Nutrition Facts



Properties

Glycemic Index:3.67, Glycemic Load:6.27, Inflammation Score:-9, Nutrition Score:7.6247827177462%

Nutrients (% of daily need)

Calories: 198.52kcal (9.93%), Fat: 7.17g (11.04%), Saturated Fat: 2.79g (17.45%), Carbohydrates: 30.6g (10.2%), Net Carbohydrates: 29.35g (10.67%), Sugar: 19.98g (22.2%), Cholesterol: 27.09mg (9.03%), Sodium: 177.61mg (7.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.29%), Vitamin A: 3757.75IU (75.16%), Manganese: 0.2mg (10.03%), Vitamin B2: 0.15mg (8.78%), Selenium: 5.85µg (8.36%), Phosphorus: 81.34mg (8.13%), Calcium: 75.58mg (7.56%), Iron: 1.05mg (5.85%), Folate: 20.87µg (5.22%), Vitamin B1: 0.08mg (5.13%), Vitamin K: 5.36µg (5.11%), Fiber: 1.24g (4.97%), Potassium: 159.21mg (4.55%), Vitamin B5: 0.41mg (4.11%), Magnesium: 15.05mg (3.76%), Vitamin B3: 0.66mg (3.32%), Vitamin E: 0.43mg (2.87%), Copper: 0.05mg (2.58%), Zinc: 0.38mg (2.56%), Vitamin B6: 0.05mg (2.32%), Vitamin B12: 0.13µg (2.21%), Vitamin C: 1.49mg (1.8%)