



Cookie Pies Recipe

READY IN



55 min.

SERVINGS



24

CALORIES



275 kcal

DESSERT

Ingredients

- 24 servings apples
- 1 cup grands flaky refrigerator biscuits
- 4 ounces cream cheese room temperature
- 0.3 cup granulated sugar
- 1 tablespoon ground cinnamon
- 1 cup pecans with caramel apple dip. yield: 24 cookie pies. toasted
- 24 pecans toasted
- 24 servings potatoes with water. boil for 30 minutes or until cooked through. drain and place in a medium bowl. mash until smooth.

- 16 ounces sugar cookie dough
- 2 large sweet potatoes and into diced peeled
- 8 ounces non-dairy whipped topping divided thawed

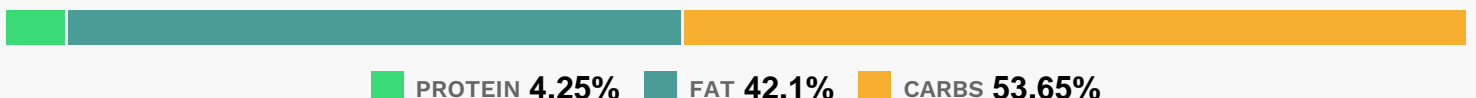
Equipment

- bowl
- sauce pan
- oven
- muffin tray
- mini muffin tray

Directions

- Preheat oven to 350°.
- Place potatoes in a small saucepan and cover with water. Boil for 30 minutes or until cooked through.
- Drain and place in a medium bowl. Mash until smooth.
- Coat a mini muffin pan with cooking spray.
- Place a sugar cookie square in each muffin tin and bake for 8-10 minutes or until golden brown.
- Remove from oven and press down the center of the cookie to create a cup.
- In a medium bowl, combine mashed sweet potatoes, sugar, cinnamon, cream cheese and half of the whipped topping.
- Remove sugar cookie cups from muffin tin and place on a platter. Spoon sweet potato mixture into cooled cups and top with a dollop of whipped topping.
- Place a toasted pecan half on top of each cup.
- Drizzle with caramel apple dip.

Nutrition Facts



Properties

Glycemic Index:14.99, Glycemic Load:10.72, Inflammation Score:-10, Nutrition Score:9.516521881456%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 4.75mg, Epicatechin: 4.75mg, Epicatechin: 4.75mg, Epicatechin: 4.75mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 275.44kcal (13.77%), Fat: 13.24g (20.37%), Saturated Fat: 4.21g (26.33%), Carbohydrates: 37.96g (12.65%), Net Carbohydrates: 34.58g (12.58%), Sugar: 21.44g (23.82%), Cholesterol: 7.04mg (2.35%), Sodium: 127.76mg (5.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.01%), Vitamin A: 4143.42IU (82.87%), Manganese: 0.5mg (25.22%), Fiber: 3.38g (13.51%), Vitamin B1: 0.15mg (9.77%), Phosphorus: 86.77mg (8.68%), Copper: 0.15mg (7.3%), Potassium: 242.94mg (6.94%), Vitamin B2: 0.12mg (6.76%), Folate: 26.99µg (6.75%), Iron: 1.08mg (6.01%), Vitamin B6: 0.12mg (5.75%), Vitamin B3: 1.09mg (5.44%), Magnesium: 21.11mg (5.28%), Vitamin K: 5.35µg (5.1%), Vitamin C: 3.83mg (4.64%), Vitamin E: 0.64mg (4.24%), Vitamin B5: 0.42mg (4.2%), Calcium: 33.68mg (3.37%), Zinc: 0.5mg (3.31%), Selenium: 2.24µg (3.19%)