



From-the-freezer mince pies

READY IN



55 min.

SERVINGS



12

CALORIES



201 kcal

Ingredients

- 500 g dessert shortcrust pastry sweet
- 300 g mincemeat
- 1 tablespoon milk for glazing

Equipment

- oven

Directions

- Roll out a little over half the pastry on a flour-dusted surface to about the thickness of a 1 coin. Stamp out circles of pastry to line the holes of a 12-hole bun tin an 8cm cutter should be about right. Re-roll the trimmings until all 12 holes are lined.

- Spoon a little mincemeat into each, then roll out the remaining pastry with a little more flour. Use a 6cm fluted or plain round cutter to cut out 12 lids. Top the mincemeat with the pastry lids, push around the edges to seal, then poke 1-2 small holes into each to allow steam to escape. Wrap the whole tray well in cling film. Will keep in the freezer for up to 3 months.
- To cook, heat oven to 200C/180C fan/ gas
- Remove the mince pies from the freezer and brush the top of each with a little milk.
- Bake for 20-22 mins or until the pastry is golden and crisp and the filling piping hot.

Nutrition Facts



Properties

Glycemic Index:6.33, Glycemic Load:8.05, Inflammation Score:-1, Nutrition Score:3.9665216871578%

Nutrients (% of daily need)

Calories: 200.83kcal (10.04%), Fat: 2.54g (3.91%), Saturated Fat: 0.64g (3.97%), Carbohydrates: 40.58g (13.53%), Net Carbohydrates: 39.21g (14.26%), Sugar: 16.99g (18.87%), Cholesterol: 0.15mg (0.05%), Sodium: 341.23mg (14.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.15%), Vitamin B1: 0.23mg (15.07%), Selenium: 9.73µg (13.9%), Manganese: 0.2mg (9.92%), Folate: 36.67µg (9.17%), Vitamin B3: 1.7mg (8.49%), Vitamin B2: 0.14mg (8.46%), Iron: 1.34mg (7.43%), Fiber: 1.37g (5.47%), Phosphorus: 32.51mg (3.25%), Copper: 0.04mg (2.1%), Magnesium: 6.4mg (1.6%), Zinc: 0.21mg (1.4%), Vitamin B5: 0.13mg (1.3%)