



Impossibly Easy Salted Caramel Apple Mini Pies

 Gluten Free

READY IN



35 min.

SERVINGS



12

CALORIES



100 kcal

DESSERT

Ingredients

- ☐ 1.5 cups apples i use 2 granny smith apples diced peeled ()
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.1 teaspoon nutmeg
- ☐ 0.3 cup sugar
- ☐ 0.3 cup milk
- ☐ 2 tablespoons butter melted
- ☐ 1 eggs

- ☐ 0.8 cup garnish: whipped cream sweetened
- ☐ 0.5 cup mrs richardson's butterscotch caramel sauce
- ☐ 0.3 cup pecans toasted chopped
- ☐ 1 serving sea salt
- ☐ 0.5 cup frangelico

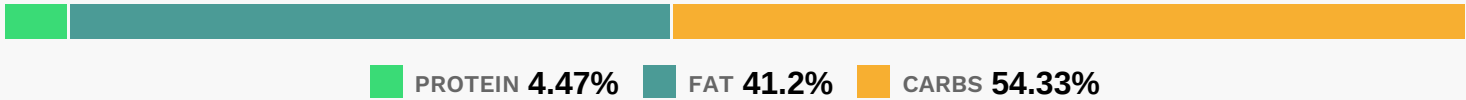
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Heat oven to 375°F.
- ☐ Place paper baking cups in each of 12 regular-size muffin cups; spray with cooking spray. In small bowl, mix Apple Filling; set aside.
- ☐ In another small bowl, stir together Batter ingredients with whisk or fork until blended. Spoon 1 level measuring tablespoon batter into each paper-lined muffin cup. Top with 2 measuring tablespoons apples. Spoon 1 level measuring tablespoon remaining batter over apples in each muffin cup.
- ☐ Bake 15 minutes or until set in center and edges are golden brown. Cool 5 minutes; remove from muffin pan. To serve, leave in paper baking cup or remove; place in small individual serving bowls. Top each pie with 1 tablespoon whipped cream, 2 teaspoons caramel sauce and 1 teaspoon pecans; sprinkle with salt.

Nutrition Facts



Properties

Glycemic Index:23.34, Glycemic Load:4.84, Inflammation Score:-1, Nutrition Score:1.7017391233341%

Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 1.19mg, Epicatechin: 1.19mg, Epicatechin: 1.19mg, Epicatechin: 1.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 100.25kcal (5.01%), Fat: 4.82g (7.41%), Saturated Fat: 1.29g (8.04%), Carbohydrates: 14.29g (4.76%), Net Carbohydrates: 13.64g (4.96%), Sugar: 13.27g (14.74%), Cholesterol: 17.3mg (5.77%), Sodium: 78.57mg (3.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.35%), Manganese: 0.13mg (6.35%), Vitamin A: 158.39IU (3.17%), Phosphorus: 29.21mg (2.92%), Fiber: 0.64g (2.57%), Calcium: 23.23mg (2.32%), Selenium: 1.55µg (2.21%), Vitamin B2: 0.04mg (2.19%), Vitamin B12: 0.1µg (1.66%), Copper: 0.03mg (1.65%), Vitamin B1: 0.02mg (1.55%), Potassium: 53.84mg (1.54%), Magnesium: 5.6mg (1.4%), Vitamin B5: 0.14mg (1.38%), Vitamin E: 0.2mg (1.35%), Zinc: 0.19mg (1.28%), Vitamin B6: 0.02mg (1.15%), Vitamin D: 0.16µg (1.09%)