



Inside Out Mini Pumpkin “Pie”



Vegetarian



Popular

READY IN



40 min.

SERVINGS



12

CALORIES



97 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 1 cup pumpkin puree canned
- ☐ 2 large eggs
- ☐ 0.8 cup evaporated milk
- ☐ 0.3 cup granulated sugar
- ☐ 1.5 teaspoons pumpkin pie spice
- ☐ 1.5 teaspoon vanilla
- ☐ 0.5 cup baking mix original bisquick®

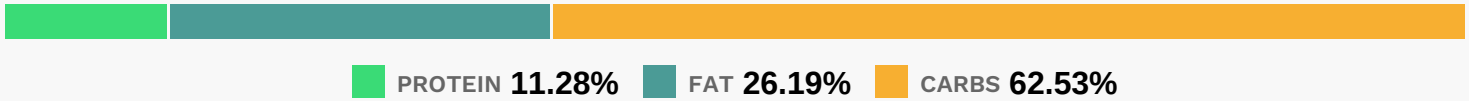
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ muffin liners

Directions

- ☐ Heat oven to 375°F. Spray 12 regular-size muffin cups with cooking spray. In a medium bowl, whisk together first 8 ingredients.Divide batter evenly into 12 muffin cups.
- ☐ Bake about 20-30 minutes or until muffin tops are golden brown and edges are starting to pull away from sides of pan. Cool in pan. Note, they will sink as they cool. Using a thin knife, loosen sides of pies from pan and remove from pan.
- ☐ Serve cooled or chilled with whipped topping or melted chocolate.

Nutrition Facts



Properties

Glycemic Index:5.84, Glycemic Load:2.91, Inflammation Score:-9, Nutrition Score:6.0313043698021%

Nutrients (% of daily need)

Calories: 97.27kcal (4.86%), Fat: 2.86g (4.39%), Saturated Fat: 1.23g (7.68%), Carbohydrates: 15.34g (5.11%), Net Carbohydrates: 14.61g (5.31%), Sugar: 11.56g (12.84%), Cholesterol: 35.67mg (11.89%), Sodium: 94.85mg (4.12%), Alcohol: 0.17g (100%), Alcohol %: 0.37% (100%), Protein: 2.77g (5.53%), Vitamin A: 3260.94IU (65.22%), Phosphorus: 85.38mg (8.54%), Vitamin B2: 0.12mg (7.2%), Calcium: 65.64mg (6.56%), Selenium: 3.48µg (4.97%), Manganese: 0.09mg (4.73%), Iron: 0.68mg (3.79%), Vitamin B5: 0.36mg (3.6%), Vitamin K: 3.78µg (3.6%), Folate: 13.98µg (3.5%), Potassium: 118.01mg (3.37%), Vitamin B1: 0.04mg (2.98%), Fiber: 0.73g (2.94%), Magnesium: 11.54mg (2.88%), Vitamin E: 0.34mg (2.27%), Copper: 0.04mg (2.1%), Vitamin B6: 0.04mg (2.01%), Zinc: 0.3mg (2.01%), Vitamin B12: 0.12µg (1.98%), Vitamin B3: 0.35mg (1.76%), Vitamin C: 1.23mg (1.49%), Vitamin D: 0.18µg (1.22%)