



## Little Eccles mince pies

 Dairy Free

READY IN



60 min.

SERVINGS



18

CALORIES



245 kcal

DESSERT

### Ingredients

- ☐ 500 g puff pastry
- ☐ 450 g mincemeat well (see 'goes with')
- ☐ 1 egg whites lightly beaten
- ☐ 18 servings brown sugar

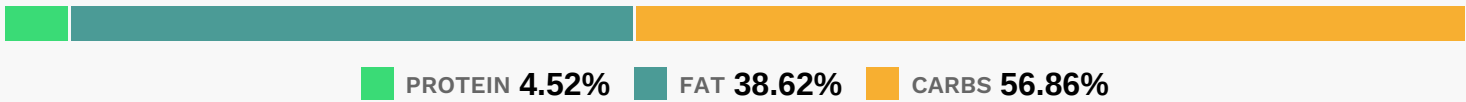
### Equipment

- ☐ oven

# Directions

- ☐ Roll the pastry out to about the thickness of a 50p piece on to a floured surface, and cut out 10cm circles, then continue to re-roll and cut out until you have about 18 circles.
- ☐ Place 1 tsp of mincemeat in the centre of each circle, brush the edges with egg white, then gather together tightly to completely encase the mincemeat.
- ☐ Flip the pies over so the sealed edges are underneath, then squash them with your hand so you have a small puck-shaped pie.
- ☐ Cut two small slits in the top of each pie, brush generously with egg white and scatter with sugar. The pies can now be frozen for up to 2 months.
- ☐ Heat oven to 200C/fan 180C/gas 6 and bake for 15 mins from raw or 25–30 mins from frozen.

# Nutrition Facts



# Properties

Glycemic Index:3.11, Glycemic Load:6.78, Inflammation Score:-1, Nutrition Score:2.6769565211042%

# Nutrients (% of daily need)

Calories: 244.62kcal (12.23%), Fat: 10.59g (16.29%), Saturated Fat: 2.68g (16.74%), Carbohydrates: 35.06g (11.69%), Net Carbohydrates: 34.07g (12.39%), Sugar: 20.95g (23.27%), Cholesterol: 0mg (0%), Sodium: 212.55mg (9.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.58%), Selenium: 7.1µg (10.15%), Vitamin B1: 0.11mg (7.37%), Manganese: 0.14mg (6.91%), Vitamin B3: 1.16mg (5.82%), Folate: 21.77µg (5.44%), Vitamin B2: 0.09mg (5.05%), Vitamin K: 4.47µg (4.26%), Iron: 0.74mg (4.12%), Fiber: 0.99g (3.97%), Phosphorus: 17.08mg (1.71%), Copper: 0.03mg (1.7%), Magnesium: 4.99mg (1.25%)