



## Little Girl Pies

READY IN



45 min.

SERVINGS



24

CALORIES



146 kcal

DESSERT

## Ingredients

- 4 teaspoons double-acting baking powder
- 1 tablespoon cornstarch
- 1 eggs
- 3.5 cups flour all-purpose
- 0.5 cup milk
- 1 cup raisins
- 0.5 teaspoon salt
- 0.5 cup shortening
- 0.5 cup sugar

- 1 teaspoon vanilla extract
- 0.5 cup water

## Equipment

- bowl
- baking sheet
- sauce pan
- oven

## Directions

- In a bowl, cream sugar and shortening until light and fluffy.
- Add egg, milk and vanilla; mix well.
- Combine dry ingredients; add to creamed mixture and beat well. Chill.
- Meanwhile, for filling, combine sugar and cornstarch in a saucepan.
- Add water; stir until smooth.
- Add raisins; cook and stir until mixture comes to a boil and is thickened, about 3 minutes. Set aside to cool.
- Divide chilled dough into thirds. On a lightly floured surface, roll one portion to 1/8-in. thickness.
- Cut into 3-in. circles. Using a thimble, cut small holes in the center of half of the circles.
- Place 1 teaspoon filling on solid circles; top each with a circle that has a hole. Pinch edges together to seal. Repeat with remaining dough and filling.
- Place on ungreased baking sheets; bake at 375° for 15–17 minutes or until lightly browned.
- Remove to wire racks.

## Nutrition Facts



## Properties

Glycemic Index:13.91, Glycemic Load:15.78, Inflammation Score:-1, Nutrition Score:3.696956521791%

## Nutrients (% of daily need)

Calories: 145.81kcal (7.29%), Fat: 4.83g (7.43%), Saturated Fat: 1.26g (7.87%), Carbohydrates: 23.56g (7.85%), Net Carbohydrates: 22.65g (8.24%), Sugar: 4.48g (4.98%), Cholesterol: 7.43mg (2.48%), Sodium: 126.21mg (5.49%), Alcohol: 0.06g (100%), Alcohol %: 0.16% (100%), Protein: 2.43g (4.87%), Vitamin B1: 0.15mg (10.29%), Selenium: 6.91µg (9.87%), Folate: 34.4µg (8.6%), Manganese: 0.14mg (7.1%), Vitamin B2: 0.12mg (6.91%), Iron: 1.12mg (6.2%), Vitamin B3: 1.15mg (5.75%), Calcium: 51.17mg (5.12%), Phosphorus: 47.64mg (4.76%), Fiber: 0.91g (3.63%), Copper: 0.05mg (2.37%), Potassium: 79.99mg (2.29%), Vitamin K: 2.35µg (2.24%), Vitamin E: 0.29mg (1.96%), Magnesium: 6.91mg (1.73%), Vitamin B5: 0.16mg (1.59%), Vitamin B6: 0.03mg (1.28%), Zinc: 0.18mg (1.23%)