



Mini Cherry Pies

READY IN



30 min.

SERVINGS



30

CALORIES



77 kcal

DESSERT

Ingredients

- 1 cherries dry pitted drained
- 2 tablespoons milk
- 14.1 oz just unroll" pie crusts (refrigerated with 2 crusts)
- 1 tablespoon quick-cooking tapioca
- 1 pinch salt
- 0.5 cup sugar
- 2 teaspoons sugar
- 0.5 teaspoon vanilla extract

Equipment

- bowl
- baking sheet
- oven
- aluminum foil
- muffin liners
- muffin tray

Directions

- In a bowl, mix cherries, sugar, tapioca, salt and vanilla; let stand for 15 minutes, stirring occasionally.
- Lightly mist 6 cups of a 12-cup muffin tin with cooking spray, alternating to keep space between them. Unroll 1 pie crust onto a lightly floured surface.
- Roll out to about an 11-inch round. Use a 5-inch round cutter to cut out 6 rounds.
- Transfer rounds to muffin tin. Gently fit dough into muffin cups, leaving some overhang. Chill for 15 minutes. Repeat rolling with second pie crust, cutting out 6 3-inch rounds.
- Place on a parchment-lined baking sheet and chill.
- Preheat oven to 375F; line a baking sheet with foil. Stir filling; spoon about 2 Tbsp. into each dough-lined cup.
- Remove rounds from fridge and cut a small star out of center of each.
- Place one round on top of each pie. Fold edges of round over the overhanging dough; crimp to seal. Repeat with remaining dough rounds.
- Brush tops with milk and sprinkle with sugar, if desired.
- Place tin on baking sheet.
- Bake for 30 to 35 minutes, until filling bubbles and crusts are golden brown (check frequently and cover with foil if crusts brown too quickly).
- Remove muffin tin to a rack to cool.

Nutrition Facts



■ PROTEIN 4.44% ■ FAT 41.05% ■ CARBS 54.51%

Properties

Glycemic Index:6.67, Glycemic Load:2.54, Inflammation Score:-1, Nutrition Score:0.9291304377434%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 77.1kcal (3.85%), Fat: 3.52g (5.41%), Saturated Fat: 1.11g (6.91%), Carbohydrates: 10.51g (3.5%), Net Carbohydrates: 10.17g (3.7%), Sugar: 3.68g (4.09%), Cholesterol: 0.12mg (0.04%), Sodium: 56.21mg (2.44%), Alcohol: 0.02g (100%), Alcohol %: 0.16% (100%), Protein: 0.86g (1.71%), Manganese: 0.06mg (2.97%), Vitamin B1: 0.04mg (2.49%), Folate: 9.34µg (2.33%), Iron: 0.35mg (1.94%), Vitamin B3: 0.36mg (1.81%), Vitamin B2: 0.02mg (1.46%), Fiber: 0.34g (1.35%), Selenium: 0.8µg (1.14%), Phosphorus: 10.66mg (1.07%)