

Mini Pecan Pies

READY IN



45 min.

SERVINGS



24

CALORIES



249 kcal

DESSERT

Ingredients

- ☐ 1 tbsp all purpose flour
- ☐ 1 cup brown sugar
- ☐ 0.5 cup butter melted
- ☐ 1 eggs (for egg wash)
- ☐ 2 eggs
- ☐ 0.3 cup granulated sugar
- ☐ 1 tbsp milk
- ☐ 1 cup pecans chopped
- ☐ 4 premade unbaked pie crusts (I used Pillsbury)

- ☐ 1 tbsp vanilla extract

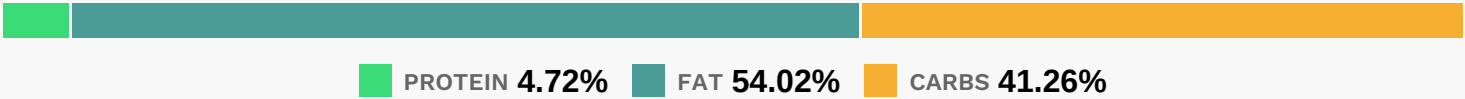
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ pie form

Directions

- ☐ Preheat oven to 350F. Grease a tartlette or mini pie pan (If you are using cupcake pans I suggest lining them with parchment paper or something else. I've had issues getting mini pies out of cupcake pans which is why I switched to my mini tartlette pan which also creates pretty ridges for each of the mini pie crusts.) Using a circular glass with a rim that is slightly bigger than the rim of the mini pie molds, cut 24 pie crusts. With remaining dough, cut 24 of pie toppers. Re-roll out dough as needed.
- ☐ Place pie rounds into greased pie molds, using your fingers to press dough completely into the pie molds and shape the mini pie crusts.
- ☐ In a large bowl, whisk eggs.
- ☐ Add in melted butter, brown sugar, granulated sugar, flour and whisk.
- ☐ Add in milk, vanilla and mix until batter is smooth and thick.
- ☐ Add in chopped pecans and stir. Spoon filling into pie molds, about 2/3 full.
- ☐ Bake mini pies for about 15 minutes or until pie crust edges begin to turn golden brown and pie filling is cooked.
- ☐ While pies are cooling, place pie cutters on a cookie sheet lined with parchment paper.
- ☐ Brush surface with egg wash.
- ☐ Bake in oven for about 12-16 minutes or until they turn a dark golden brown.
- ☐ Place on top of mini pies.

Nutrition Facts



Properties

Glycemic Index:10.13, Glycemic Load:1.66, Inflammation Score:-2, Nutrition Score:3.8456522146969%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 248.57kcal (12.43%), Fat: 15.05g (23.15%), Saturated Fat: 5.21g (32.55%), Carbohydrates: 25.85g (8.62%), Net Carbohydrates: 24.7g (8.98%), Sugar: 11.27g (12.53%), Cholesterol: 30.7mg (10.23%), Sodium: 156.98mg (6.83%), Alcohol: 0.19g (100%), Alcohol %: 0.42% (100%), Protein: 2.96g (5.92%), Manganese: 0.34mg (17.03%), Vitamin B1: 0.11mg (7.55%), Folate: 24.22µg (6.06%), Iron: 1.03mg (5.72%), Selenium: 3.76µg (5.38%), Vitamin B2: 0.08mg (4.95%), Phosphorus: 46.37mg (4.64%), Fiber: 1.15g (4.61%), Vitamin B3: 0.86mg (4.28%), Copper: 0.09mg (4.25%), Vitamin A: 151.72IU (3.03%), Magnesium: 11.53mg (2.88%), Zinc: 0.42mg (2.78%), Vitamin B5: 0.26mg (2.59%), Vitamin K: 2.58µg (2.45%), Vitamin E: 0.36mg (2.41%), Calcium: 21.28mg (2.13%), Potassium: 69.14mg (1.98%), Vitamin B6: 0.04mg (1.88%), Vitamin B12: 0.06µg (1.01%)