



## Mini Pecan Pumpkin Pies

READY IN



55 min.

SERVINGS



24

CALORIES



93 kcal

DESSERT

### Ingredients

- 6 tablespoons butter
- 0.5 cup plus dark
- 1 eggs
- 0.8 cups flour all-purpose for shaping dough
- 2 tablespoons ice water
- 0.3 cup pecans
- 0.3 cup pecans chopped for garnish
- 0.5 cup pumpkin pie filling canned
- 0.5 teaspoon salt

- 0.3 cup sugar
- 1 tablespoon sugar
- 1 teaspoon vanilla

## Equipment

- food processor
- bowl
- oven
- whisk
- mini muffin tray

## Directions

- Watch how to make this recipe.
- Preheat oven to 350 degrees F. Spray the bottoms and sides of the mini muffin tins with cooking spray.
- In a food processor, pulse the pecans, sugar, salt, and flour, until the nuts are ground and the ingredients are combined.
- Add in the butter and pulse until dough resembles coarse meal. Slowly pour in the ice water through the feed tube until the dough comes together.
- Remove from processor bowl to a clean work surface sprinkled with flour. Form the dough into a ball and divide evenly into 24 pieces.
- Roll each piece into a ball and evenly press into each cup, until the bottom is covered. If the dough is sticky, dip your finger in flour first.
- Bake until the crusts are very golden, 15 to 18 minutes, until the crusts are very golden. Check periodically to make sure they don't get too brown. Meanwhile, make the filling: In a medium bowl, whisk the egg yolk, corn syrup, sugar, pumpkin filling and vanilla. Stir in the chopped pecans.
- Remove the dough from the oven and spoon 1 tablespoon of the filling into each cup. Top each with 1 pretty pecan half. Return the pans to the oven and continue baking, for 12 to 15 minutes more, until the pumpkin filling is set. Allow to cool before removing from the pans.

## Nutrition Facts



■ PROTEIN 3.35% ■ FAT 42.93% ■ CARBS 53.72%

## Properties

Glycemic Index:15.63, Glycemic Load:8.93, Inflammation Score:-4, Nutrition Score:2.0813043493292%

## Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

## Nutrients (% of daily need)

Calories: 92.57kcal (4.63%), Fat: 4.58g (7.04%), Saturated Fat: 2.01g (12.55%), Carbohydrates: 12.89g (4.3%), Net Carbohydrates: 12.12g (4.41%), Sugar: 8.21g (9.12%), Cholesterol: 15.63mg (5.21%), Sodium: 94.21mg (4.1%), Alcohol: 0.06g (100%), Alcohol %: 0.27% (100%), Protein: 0.8g (1.61%), Vitamin A: 566.2IU (11.32%), Manganese: 0.15mg (7.51%), Vitamin B1: 0.05mg (3.16%), Fiber: 0.77g (3.08%), Selenium: 2.14µg (3.06%), Folate: 10.77µg (2.69%), Vitamin B2: 0.04mg (2.06%), Copper: 0.04mg (1.95%), Iron: 0.34mg (1.9%), Phosphorus: 17.02mg (1.7%), Vitamin B3: 0.28mg (1.4%), Vitamin B5: 0.13mg (1.27%), Magnesium: 4.96mg (1.24%), Zinc: 0.16mg (1.07%)