

Mini Pumpkin Pies

READY IN



45 min.

SERVINGS



24

CALORIES



211 kcal

DESSERT

Ingredients

- ☐ 15 oz pumpkin puree canned
- ☐ 1 whisked egg for egg wash
- ☐ 2 large eggs
- ☐ 1 can evaporated milk
- ☐ 0.8 cup granulated sugar
- ☐ 1 tsp ground cinnamon
- ☐ 0.3 tsp ground cloves
- ☐ 0.5 tsp ground ginger
- ☐ 0.5 tsp salt

☐ 4 9-inch unbaked pie crusts refrigerated (I used pie crust)

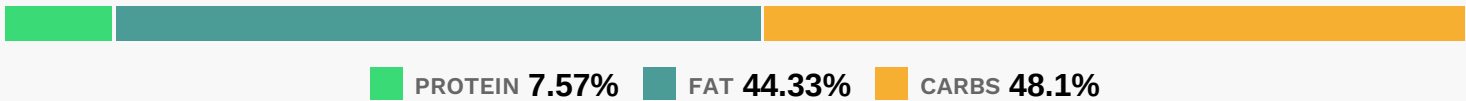
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 350F. Grease tartlette pan.
- ☐ Roll out pie crust on a flat surface. Using a glass slightly wider than the size of the tartlette, cut circles into pie dough with rim of glass. Repeat and re-roll dough as needed.
- ☐ Cut enough to make 24 mini pies. With remaining dough, cut leaf shapes.
- ☐ Place pie dough rounds into molds and press gently, shaping into the molds.
- ☐ Pour pie filling into pie crust, almost completely to the top, but leaving just enough space so they don't spill over when you are moving them into the oven.
- ☐ Bake mini pies for about 20–25 minutes or until crust is golden and pie filling is solid.
- ☐ Let pies cool in pan. Meanwhile, place leaves on cookie sheet lined with parchment paper.
- ☐ Brush surface with egg wash.
- ☐ Bake for 10–15 minutes until leaves are golden.
- ☐ Let leaves cool for a few minutes and then place on top of mini pies.

Nutrition Facts



Properties

Glycemic Index:3.13, Glycemic Load:4.36, Inflammation Score:–9, Nutrition Score:6.7973913368971%

Nutrients (% of daily need)

Calories: 211.37kcal (10.57%), Fat: 10.45g (16.08%), Saturated Fat: 3.61g (22.58%), Carbohydrates: 25.52g (8.51%), Net Carbohydrates: 24.1g (8.76%), Sugar: 8.33g (9.25%), Cholesterol: 26.6mg (8.87%), Sodium: 209.97mg (9.13%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.04%), Vitamin A: 2825.87IU (56.52%), Manganese: 0.22mg (11.06%), Vitamin B2: 0.14mg (8.33%), Folate: 29.48µg (7.37%), Phosphorus: 72.18mg (7.22%), Iron: 1.27mg (7.05%), Vitamin B1: 0.11mg (7.02%), Selenium: 4.22µg (6.02%), Fiber: 1.42g (5.67%), Calcium: 54.16mg (5.42%), Vitamin K: 5.44µg (5.18%), Vitamin B3: 1mg (5.02%), Vitamin B5: 0.39mg (3.93%), Potassium: 123.13mg (3.52%), Magnesium: 13.54mg (3.38%), Vitamin E: 0.43mg (2.88%), Copper: 0.05mg (2.59%), Zinc: 0.38mg (2.5%), Vitamin B6: 0.04mg (2.23%), Vitamin B12: 0.08µg (1.28%), Vitamin C: 1.03mg (1.25%)