



Mini Sweet Potato Pumpkin Pies

READY IN



45 min.

SERVINGS



6

CALORIES



522 kcal

DESSERT

Ingredients

- 0.5 cup butter softened
- 1 eggs
- 6 graham cracker pie crusts mini keebler® (such as)
- 0.5 cup milk
- 17 ounce pumpkin pie filling canned
- 1 teaspoon pumpkin pie spice
- 16 ounce sweet potatoes mashed drained canned
- 1 teaspoon vanilla extract
- 6 walnut halves

- 6 tablespoons whipped cream divided
- 1 cup sugar white

Equipment

- bowl
- baking sheet
- oven
- whisk

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place the white of the separated egg in a small bowl and the yolk in a large bowl. Beat egg white and brush the edges of each pie crust with egg white.
- Add the second whole egg to the egg yolk; whisk together.
- Stir sweet potatoes, pumpkin pie filling, sugar, butter, milk, pumpkin pie spice, and vanilla extract into the egg and yolk. Spoon mixture evenly into the pie crusts.
- Place pies on a baking sheet.
- Bake in the preheated oven until middle of each pie is set, about 15 minutes. Cool pies for 15 minutes.
- Place 1 tablespoon whipped cream atop each pie; gently press 1 walnut half into the whipped cream of each pie.

Nutrition Facts



PROTEIN 3.92% **FAT 34.67%** **CARBS 61.41%**

Properties

Glycemic Index:60.85, Glycemic Load:39.02, Inflammation Score:-10, Nutrition Score:15.399130551711%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin:

0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 522.27kcal (26.11%), Fat: 20.68g (31.82%), Saturated Fat: 11.38g (71.14%), Carbohydrates: 82.44g (27.48%), Net Carbohydrates: 72.85g (26.49%), Sugar: 41.19g (45.76%), Cholesterol: 73.81mg (24.6%), Sodium: 441.65mg (19.2%), Alcohol: 0.23g (100%), Alcohol %: 0.11% (100%), Protein: 5.26g (10.52%), Vitamin A: 17967.81IU (359.36%), Fiber: 9.59g (38.38%), Manganese: 0.64mg (32.2%), Vitamin B5: 1.75mg (17.52%), Vitamin B6: 0.34mg (16.96%), Phosphorus: 150.91mg (15.09%), Vitamin B2: 0.26mg (15.05%), Potassium: 454.85mg (13%), Folate: 49.06µg (12.26%), Iron: 2.17mg (12.04%), Magnesium: 47.9mg (11.97%), Copper: 0.22mg (10.76%), Calcium: 106.3mg (10.63%), Vitamin B1: 0.13mg (8.53%), Zinc: 1mg (6.67%), Vitamin B3: 1.32mg (6.61%), Selenium: 4.56µg (6.51%), Vitamin C: 4.73mg (5.73%), Vitamin E: 0.77mg (5.15%), Vitamin B12: 0.22µg (3.67%), Vitamin K: 3µg (2.86%), Vitamin D: 0.39µg (2.59%)