



Strawberry Rhubarb Mini Pies

READY IN



50 min.

SERVINGS



18

CALORIES



116 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons cornstarch
- ☐ 1 egg yolk
- ☐ 1.5 teaspoons orange zest grated
- ☐ 1 box pie crust dough refrigerated softened pillsbury®
- ☐ 0.8 cup rhubarb fresh finely chopped
- ☐ 0.8 cup strawberries fresh finely chopped
- ☐ 2 teaspoons sugar
- ☐ 1 tablespoon whipping cream

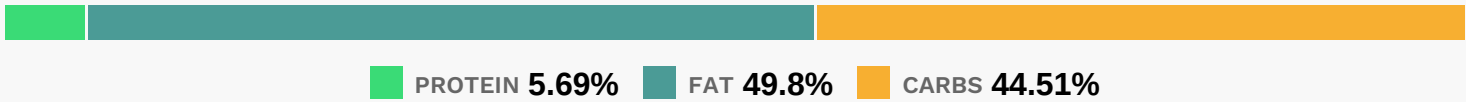
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ cookie cutter

Directions

- ☐ Heat oven to 375°F. Line large cookie sheet with cooking parchment paper. In 2-quart saucepan, mix strawberries, rhubarb, 1/2 cup sugar, the cornstarch and orange peel. Cook over medium heat 6 to 8 minutes, stirring constantly, until bubbly and thickened. Cool slightly.
- ☐ Remove pie crusts from pouches; unroll on work surface. With 2 1/2-inch round cookie cutter, cut 14 rounds from each crust; reroll scraps. On cookie sheet, place half of the dough rounds 2 inches apart. Top each with 2 teaspoons fruit mixture.
- ☐ Brush crust edges with water; top with remaining dough rounds. Press edges firmly with fork to seal.
- ☐ Cut slits in top of each round.
- ☐ In small bowl, beat egg yolk and whipping cream; brush over tops of pies.
- ☐ Sprinkle with 2 teaspoons sugar.
- ☐ Bake 20 to 25 minutes or until lightly browned.
- ☐ Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:6.84, Glycemic Load:0.46, Inflammation Score:-1, Nutrition Score:2.279130426438%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 115.86kcal (5.79%), Fat: 6.39g (9.83%), Saturated Fat: 2.1g (13.15%), Carbohydrates: 12.85g (4.28%), Net Carbohydrates: 12.06g (4.38%), Sugar: 0.82g (0.91%), Cholesterol: 11.74mg (3.91%), Sodium: 91.95mg (4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.28%), Manganese: 0.13mg (6.62%), Vitamin C: 4.17mg (5.05%), Folate: 18.89µg (4.72%), Vitamin B1: 0.07mg (4.38%), Iron: 0.65mg (3.6%), Vitamin B3: 0.64mg (3.2%), Fiber: 0.79g (3.17%), Vitamin K: 3.28µg (3.12%), Vitamin B2: 0.05mg (2.81%), Selenium: 1.96µg (2.8%), Phosphorus: 22.69mg (2.27%), Potassium: 47.65mg (1.36%), Vitamin B5: 0.13mg (1.35%), Magnesium: 4.89mg (1.22%), Calcium: 11.68mg (1.17%), Copper: 0.02mg (1.11%), Vitamin E: 0.17mg (1.11%)