



Tomato and Corn Mini Pies

READY IN



70 min.

SERVINGS



4

CALORIES



622 kcal

Ingredients

- ☐ 1 clove garlic finely chopped
- ☐ 14.5 oz canned tomatoes diced organic drained canned
- ☐ 1 cup corn frozen thawed
- ☐ 1 serving salt and pepper
- ☐ 14.1 oz pie crust dough refrigerated (2 Count)
- ☐ 3 tablespoons cornstarch
- ☐ 0.5 cup ricotta cheese
- ☐ 1 egg yolk
- ☐ 1 tablespoon water

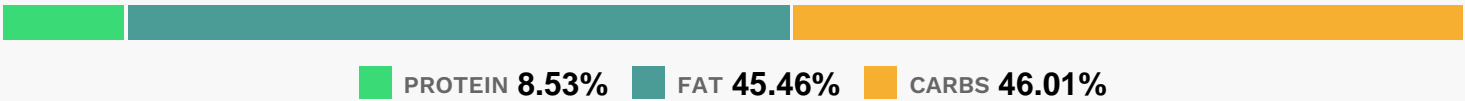
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°F. Spray 8 regular-size muffin cups with cooking spray.
- ☐ In 2-quart saucepan, cook garlic over medium heat 30 seconds. Stir in tomatoes and corn.
- ☐ Heat to a simmer; cook 2 minutes. Season with salt and pepper. Cool.
- ☐ Unroll pie crusts onto work surface.
- ☐ Cut 8 (4 1/2-inch) squares from crusts. Fit each square of dough into muffin cup, leaving dough overhanging edge of cup. Spoon about 1 teaspoon cornstarch into each crust-lined cup; spread cornstarch over dough.
- ☐ Fill each cup with about 1/3 cup tomato-corn mixture. Top each with 1 tablespoon ricotta cheese.
- ☐ Fold corners of dough toward centers of cups. In small cup, beat egg yolk and water; brush dough with egg wash.
- ☐ Bake 20 to 25 minutes or until golden brown. Cool 5 minutes in muffin cups.
- ☐ Remove mini pies from muffin cups.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:2.43, Inflammation Score:-6, Nutrition Score:16.077391292738%

Flavonoids

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

Nutrients (% of daily need)

Calories: 622.41kcal (31.12%), Fat: 31.88g (49.05%), Saturated Fat: 11.25g (70.29%), Carbohydrates: 72.6g (24.2%), Net Carbohydrates: 66.93g (24.34%), Sugar: 4.64g (5.15%), Cholesterol: 64.41mg (21.47%), Sodium: 623.94mg (27.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.46g (26.93%), Manganese: 0.72mg (35.76%), Folate: 110.12µg (27.53%), Vitamin B1: 0.41mg (27.19%), Iron: 4.5mg (24.98%), Vitamin B3: 4.69mg (23.43%), Fiber: 5.68g (22.7%), Phosphorus: 209.18mg (20.92%), Vitamin B2: 0.34mg (20.27%), Selenium: 13.93µg (19.9%), Potassium: 559.97mg (16%), Vitamin B6: 0.32mg (15.82%), Vitamin C: 12.66mg (15.34%), Copper: 0.3mg (15%), Magnesium: 52.78mg (13.2%), Calcium: 127.17mg (12.72%), Vitamin E: 1.9mg (12.63%), Vitamin K: 13.13µg (12.5%), Vitamin B5: 1.02mg (10.16%), Zinc: 1.49mg (9.95%), Vitamin A: 426.51IU (8.53%), Vitamin B12: 0.19µg (3.22%), Vitamin D: 0.31µg (2.03%)