

# Pumpkin Tartlets

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## **Yield: 16 tartlets**

*1 package (15 ounce) refrigerated pie  
pastry*  
*1 can (15 ounce) solid-pack pumpkin*  
*1 can (12 ounce) evaporated milk*  
*3/4 cup sugar*  
*2 eggs*  
*1/2 teaspoon salt*  
*1 teaspoon ground cinnamon*  
*1/2 teaspoon ground ginger*  
*1/4 teaspoon ground cloves*  
*miniature marshmallows (optional)*

## **Preparation Time: 20 minutes**

### **Bake: 40 minutes**

Preheat the oven to 425 degrees.

Unroll each pastry sheet; roll to a 1/8-inch thickness. Using a floured four-inch round cutter, cut out sixteen circles, rerolling the scraps if necessary. Press the circles into muffin pans coated with cooking spray.

In a bowl, whisk the pumpkin, milk, sugar, eggs, salt and spices until blended. Pour into the pastry cups.

Bake for 15 minutes. Reduce the oven temperature to 350 degrees.

Bake for 25 to 30 minutes or until a knife inserted near the centers comes out clean.

If desired, top with marshmallows and bake 2 to 3 minutes longer or until the marshmallows are lightly browned. Cool for 5 minutes.

Carefully run a knife around the sides to loosen the tarts. Cool in the pans on wire racks before removing.

Serve or refrigerate within two hours.

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Per Serving (excluding unknown items): 1078 Calories; 29g Fat (24.0% calories from fat); 30g Protein; 179g Carbohydrate; 2g Dietary Fiber; 498mg Cholesterol; 1476mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 2 Non-Fat Milk; 4 1/2 Fat; 10 Other Carbohydrates.

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	1078	<b>Vitamin B6 (mg):</b>	.3mg
<b>% Calories from Fat:</b>	24.0%	<b>Vitamin B12 (mcg):</b>	1.7mcg
<b>% Calories from Carbohydrates:</b>	65.1%	<b>Thiamin B1 (mg):</b>	.2mg
<b>% Calories from Protein:</b>	10.9%	<b>Riboflavin B2 (mg):</b>	1.3mg
<b>Total Fat (g):</b>	29g	<b>Folacin (mcg):</b>	69mcg
<b>Saturated Fat (g):</b>	15g	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	10g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	2g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	498mg	<b>% Refuse:</b>	n n%
<b>Carbohydrate (g):</b>	179g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	2g	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	30g	<b>Lean Meat:</b>	1 1/2
<b>Sodium (mg):</b>	1476mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	930mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	750mg	<b>Non-Fat Milk:</b>	2
<b>Iron (mg):</b>	3mg	<b>Fat:</b>	4 1/2
<b>Zinc (mg):</b>	3mg	<b>Other Carbohydrates:</b>	10
<b>Vitamin C (mg):</b>	6mg		
<b>Vitamin A (i.u.):</b>	1499IU		
<b>Vitamin A (r.e.):</b>	325RE		

**Nutrition Facts**

<b>Amount Per Serving</b>	
<b>Calories</b> 1078	Calories from Fat: 258
<b>% Daily Values*</b>	
<b>Total Fat</b> 29g	45%
Saturated Fat 15g	74%
<b>Cholesterol</b> 498mg	166%
<b>Sodium</b> 1476mg	62%
<b>Total Carbohydrates</b> 179g	60%
Dietary Fiber 2g	6%
<b>Protein</b> 30g	
<b>Vitamin A</b>	30%
<b>Vitamin C</b>	10%
<b>Calcium</b>	75%
<b>Iron</b>	19%

\* Percent Daily Values are based on a 2000 calorie diet.