

Salted Caramel Individual Pumpkin Pies

*Kohl's Stores
Food Network Magazine*

Servings: 12

cooking spray
1 (nine-inch) refrigerated pie crust
1 can (15 ounce) pure pumpkin puree'
6 ounces cream cheese, room temperature
1/2 cup caramel sauce
1 teaspoon pumpkin pie spice
2 large eggs
flaky salt (for topping)
whipped cream (for topping)
caramel sauce (for drizzling)

Preparation Time: 20 minutes

Preheat the oven to 425 degrees.

Spray a twelve-cup muffin tin with cooking spray.

Roll out the pie crust into a twelve-inch circle. Use a 2-1/4-inch biscuit cutter or glass to cut out twelve circles of dough. Set the rounds in the cups of the prepared muffin tin.

Bake until golden brown, about 6 minutes. Let cool slightly. Lower the oven temperature to 325 degrees.

In a large bowl, whisk together the pumpkin puree', cream cheese, caramel sauce and pumpkin pie spice until smooth. Whisk in the eggs. Divide the mixture evenly among the muffin cups. Sprinkle a little flaky salt over the top of each cup.

Bake until the filling is set, lightly browned and domed on top, about 25 minutes. Let the pies cool completely in the tin. Slide a small offset spatula or butter knife around the inside of each muffin cup and under the bottom to loosen and remove the pies.

Serve topped with whipped cream, drizzled caramel and a sprinkle of flaky salt.

Start to Finish Time: 1 hour 30 minutes

Per Serving (excluding unknown items): 142 Calories; 10g Fat (66.2% calories from fat); 3g Protein; 9g Carbohydrate; trace Dietary Fiber; 54mg Cholesterol; 120mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 2 Fat.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	142	Vitamin B6 (mg):	trace
% Calories from Fat:	66.2%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	25.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	7.9%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	10g	Folacin (mcg):	6mcg
Saturated Fat (g):	5g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	54mg	% Refuse:	0.0%
Carbohydrate (g):	9g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	1/2
Protein (g):	3g	Lean Meat:	1/2
Sodium (mg):	120mg	Vegetable:	0
Potassium (mg):	29mg	Fruit:	0
Calcium (mg):	17mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	2
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	trace		
Vitamin A (i.u.):	243IU		
Vitamin A (r.e.):	72 1/2RE		

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving		
Calories	142	Calories from Fat: 94
% Daily Values*		
Total Fat	10g	16%
Saturated Fat	5g	27%
Cholesterol	54mg	18%
Sodium	120mg	5%
Total Carbohydrates	9g	3%
Dietary Fiber	trace	0%
Protein	3g	
Vitamin A		5%
Vitamin C		0%
Calcium		2%
Iron		2%

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