

Winnie's Mini Rhubarb & Strawberry Pies

*Shawn Carleton - San Diego, CA
Taste of Home - April/May 2016*

Yield: 2 dozen pies

*3 tablespoons quick-cooking tapioca
4 cups fresh strawberries, sliced
2 cups fresh rhubarb, sliced
3/4 cup sugar
1 teaspoon grated orange peel
1 teaspoon vanilla extract
1/4 teaspoon ground cinnamon
1/4 teaspoon salt
3 drops red food coloring (optional)
pastry for a nine-inch double crust pie*

Preparation Time: 25 minutes**Bake: 15 minutes**

Preheat the oven to 425 degrees.

Place the tapioca in a small food processor or a spice grinder. Process until finely ground.

In a large saucepan, combine the strawberries, rhubarb, sugar, orange peel, vanilla, cinnamon, salt, ground tapioca and, if desired, the food coloring. Bring to a boil. Reduce the heat and simmer, covered, for 15 to 20 minutes or until the strawberries are tender, stirring occasionally. Transfer to a large bowl. Refrigerate, covered, until cold.

On a lightly floured surface, roll one-half of the dough to an eighteen-inch circle. Cut twelve circles with a four-inch biscuit cutter, rerolling the scraps as necessary. Press the circles onto the bottom and up the sides of ungreased muffin cups. Repeat with the remaining dough.

Spoon strawberry mixture into the muffin cups.

Bake for 12 to 15 minutes or until the filling is bubbly and the crust is golden brown.

Cool in the pan for 5 minutes. Remove to wire racks to cool.

Per Serving (excluding unknown items): 774 Calories; 2g Fat (2.2% calories from fat); 3g Protein; 193g Carbohydrate; 14g Dietary Fiber; 0mg Cholesterol; 541mg Sodium. Exchanges: 0 Grain(Starch); 3 Fruit; 0 Fat; 10 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	774
% Calories from Fat:	2.2%
% Calories from Carbohydrates:	96.0%
% Calories from Protein:	1.7%
Total Fat (g):	2g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	193g
Dietary Fiber (g):	14g
Protein (g):	3g
Sodium (mg):	541mg
Potassium (mg):	991mg
Calcium (mg):	98mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	338mg
Vitamin A (i.u.):	169IU
Vitamin A (r.e.):	18 1/2RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	105mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	13
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	3
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	10

Nutrition Facts

Amount Per Serving

Calories	774	Calories from Fat: 17
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% Daily Values*

Total Fat	2g	3%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	541mg	23%
Total Carbohydrates	193g	64%
Dietary Fiber	14g	55%
Protein	3g	

Vitamin A	3%
Vitamin C	563%
Calcium	10%
Iron	13%

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