

Almond Tartlets

 Vegetarian

READY IN



35 min.

SERVINGS



15

CALORIES



136 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup almond paste
- 0.3 cup almonds sliced
- 0.3 cup apricot preserves melted
- 4 teaspoons butter softened
- 2 eggs
- 1.3 cups flour all-purpose
- 1 teaspoon lemon zest grated
- 1 teaspoon rum extract

- 0.3 cup sugar
- 1 teaspoon vanilla extract

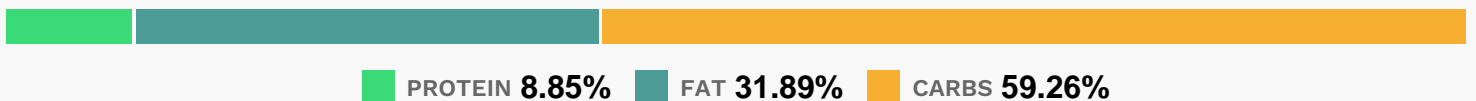
Equipment

- food processor
- bowl
- oven
- plastic wrap
- muffin liners

Directions

- In a small bowl, combine the flour, sugar and lemon peel; cut in butter until crumbly.
- Add egg and toss with a fork until dough forms a ball. Cover with plastic wrap and refrigerate for 1 hour.
- Place almond paste in a food processor, cover and process until crumbly.
- Add the sugar, butter, extracts and eggs; cover and process until smooth.
- On a lightly floured surface, roll out dough to 1/8-in. thickness.
- Cut into thirty 2-1/2-in. circles; press dough into miniature muffin cups coated with cooking spray.
- Bake at 350° for 10 minutes.
- Spoon 1 teaspoon filling into each shell; sprinkle with a few almonds.
- Bake 10 minutes longer or until filling is set and pastry is lightly browned.
- Brush jam over tarts. Cool for 10 minutes before removing from pans to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:9.26, Inflammation Score:-2, Nutrition Score:3.9930434414874%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 135.55kcal (6.78%), Fat: 4.89g (7.52%), Saturated Fat: 1.16g (7.27%), Carbohydrates: 20.45g (6.82%), Net Carbohydrates: 19.5g (7.09%), Sugar: 9.64g (10.71%), Cholesterol: 24.69mg (8.23%), Sodium: 20.01mg (0.87%), Alcohol: 0.09g (100%), Alcohol %: 0.3% (100%), Protein: 3.05g (6.1%), Vitamin E: 1.65mg (11.01%), Manganese: 0.19mg (9.59%), Selenium: 6.12µg (8.74%), Vitamin B2: 0.14mg (8.19%), Folate: 29.62µg (7.41%), Vitamin B1: 0.1mg (6.68%), Phosphorus: 53.48mg (5.35%), Magnesium: 18.79mg (4.7%), Iron: 0.84mg (4.69%), Vitamin B3: 0.85mg (4.23%), Copper: 0.08mg (4.08%), Fiber: 0.95g (3.79%), Calcium: 25.09mg (2.51%), Zinc: 0.33mg (2.23%), Potassium: 63.8mg (1.82%), Vitamin B5: 0.16mg (1.6%), Vitamin A: 75.86IU (1.52%), Vitamin B6: 0.02mg (1.09%)