



Bess London's Pecan Tassies

 Vegetarian

READY IN



115 min.

SERVINGS



24

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 ounce cream cheese at room temperature
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.8 cup brown sugar light packed
- ☐ 0.5 cup pecans finely chopped
- ☐ 1 pinch salt fine
- ☐ 0.5 cup butter unsalted melted at room temperature (1 stick)
- ☐ 1 teaspoon vanilla extract

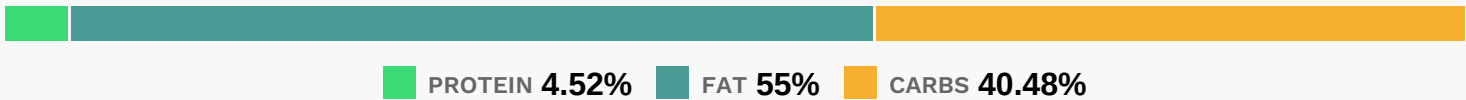
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ plastic wrap
- ☐ hand mixer
- ☐ muffin tray

Directions

- ☐ Watch how to make this recipe.
- ☐ With an electric mixer, beat the 1/2 cup butter and the cream cheese until smooth.
- ☐ Add the flour and beat until fully combined. Cover the bowl with plastic wrap and chill in the refrigerator for 1 hour.
- ☐ Preheat the oven to 325 degrees F. Spray a 24-cup mini-muffin pan with cooking spray.
- ☐ In a large mixing bowl, whisk together the melted butter, egg, brown sugar, vanilla and salt until smooth. Set aside.
- ☐ Shape the chilled dough into 24 balls, about 1 inch in diameter. Press each ball into a cup of the muffin pan, spreading evenly and up the sides, then spoon 1 teaspoon of the pecans into each muffin cup. Fill each cup with the egg mixture until evenly distributed, about 1 teaspoon in each.
- ☐ Bake until the filling is set, about 25 minutes. Cool on a wire rack for 10 minutes, and then remove from the muffin pan.

Nutrition Facts



Properties

Glycemic Index:4.67, Glycemic Load:2.94, Inflammation Score:-1, Nutrition Score:1.859565216481%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 109.11kcal (5.46%), Fat: 6.79g (10.44%), Saturated Fat: 3.35g (20.91%), Carbohydrates: 11.24g (3.75%), Net Carbohydrates: 10.9g (3.96%), Sugar: 6.93g (7.7%), Cholesterol: 21.5mg (7.17%), Sodium: 18.26mg (0.79%), Alcohol: 0.06g (100%), Alcohol %: 0.29% (100%), Protein: 1.26g (2.51%), Manganese: 0.13mg (6.71%), Selenium: 2.92µg (4.17%), Vitamin B1: 0.06mg (3.76%), Vitamin A: 178.18IU (3.56%), Folate: 11.49µg (2.87%), Vitamin B2: 0.05mg (2.81%), Iron: 0.38mg (2.13%), Phosphorus: 20.67mg (2.07%), Copper: 0.04mg (1.92%), Vitamin B3: 0.35mg (1.73%), Calcium: 13.69mg (1.37%), Fiber: 0.34g (1.35%), Vitamin E: 0.19mg (1.29%), Magnesium: 4.94mg (1.24%), Zinc: 0.18mg (1.21%), Vitamin B5: 0.11mg (1.07%)