



Brown Sugar-Cinnamon Pop Tarts

 Vegetarian

READY IN



140 min.

SERVINGS



6

CALORIES



418 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 5 tablespoons t brown sugar dark packed
- 1 large eggs
- 2 large egg yolk
- 1 tablespoon flour all-purpose
- 5 teaspoons granulated sugar
- 0.5 teaspoon ground cinnamon
- 4 teaspoons milk as needed plus more
- 0.8 cup powdered sugar sifted

- 1 teaspoon salt fine
- 8 ounces butter unsalted cold cut into 1/2-inch cubes
- 0.3 teaspoon vanilla extract
- 1 teaspoon water

Equipment

- bowl
- baking sheet
- baking paper
- oven
- knife
- whisk
- wire rack
- blender
- spatula
- rolling pin
- pizza cutter

Directions

- Whisk the flour, sugar, cinnamon, and salt in a large bowl until combined.
- Add the butter and toss with your fingers until well coated in the flour mixture. Using a pastry blender or your fingers, cut the butter into the dry ingredients until reduced to pea-size pieces.
- Whisk the egg yolks and milk in a small bowl until combined.
- Heat the oven to 375°F. Line a baking sheet with parchment paper; set aside. Lightly dust a work surface with flour and roll 1 dough portion out into a rough 12-by-10-inch rectangle, rotating the dough and reflouring the surface and rolling pin often to prevent the dough from sticking. Using a pizza cutter or sharp knife, trim the dough to a 10-1/2-by-9-inch rectangle.
- Cut that into 6 equal rectangles (each about 3 1/2 inches wide by 4 1/2 inches tall). Using a flat spatula, transfer the rectangles to the prepared baking sheet, leaving about 2 inches of space

between each.

- Place the baking sheet in the refrigerator.
- Whisk the egg and water in a small bowl until evenly combined; set aside.
- Roll out the second dough portion to the same dimensions as the first, trim, and cut into 6 rectangles. Using a fork, prick the dough all over.
- Remove the baking sheet from the refrigerator and brush a thin coating of the egg wash over each dough rectangle. Divide the brown sugar–cinnamon filling among the rectangles.
- Spread the filling into an even layer, leaving a 3/4-inch border.
- Place the pricked rectangles on top of the brown sugar–cinnamon–covered rectangles. Press on the edges to adhere, and push down gently on the filling to slightly flatten. Using a fork dipped in flour, crimp the edges of the tarts.
- Bake until golden brown, about 23 to 25 minutes.
- Place all the ingredients in a small bowl and whisk until evenly combined. (You may need to add more milk by the 1/2 teaspoon if the glaze is too thick.) Set the wire rack with the tarts on it over a baking sheet. Using a spoon, drizzle about 1 tablespoon of the glaze over each tart.
- Let set before eating, about 15 minutes.

Nutrition Facts



PROTEIN 2.37% **FAT 69.82%** **CARBS 27.81%**

Properties

Glycemic Index:31.35, Glycemic Load:3.08, Inflammation Score:-5, Nutrition Score:3.9547826366742%

Nutrients (% of daily need)

Calories: 417.81kcal (20.89%), Fat: 33.08g (50.9%), Saturated Fat: 20.28g (126.77%), Carbohydrates: 29.65g (9.88%), Net Carbohydrates: 29.53g (10.74%), Sugar: 27.97g (31.08%), Cholesterol: 173.87mg (57.96%), Sodium: 410.79mg (17.86%), Alcohol: 0.06g (100%), Alcohol %: 0.08% (100%), Protein: 2.53g (5.06%), Vitamin A: 1077.21IU (21.54%), Selenium: 6.83µg (9.76%), Vitamin E: 1.12mg (7.45%), Vitamin D: 1.08µg (7.18%), Vitamin B2: 0.1mg (5.61%), Phosphorus: 52.91mg (5.29%), Vitamin B12: 0.27µg (4.45%), Folate: 15.72µg (3.93%), Vitamin B5: 0.37mg (3.71%), Calcium: 35.77mg (3.58%), Manganese: 0.05mg (2.66%), Vitamin K: 2.78µg (2.64%), Iron: 0.47mg (2.58%), Vitamin B6: 0.04mg (2.11%), Zinc: 0.3mg (2.02%), Vitamin B1: 0.03mg (1.8%), Potassium: 47.8mg (1.37%), Copper: 0.03mg (1.27%)