

Butter Tarts

READY IN

ready

45 min.

SERVINGS

servings

24

CALORIES

calories

146 kcal

DESSERT

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 0.3 cup butter
- ☐ 1 cup coconut or shredded
- ☐ 0.7 cup plus dark
- ☐ 2 eggs beaten
- ☐ 9 inch pastry for a 9 inch single crust pie
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg

- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.3 cup butter
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup walnuts chopped

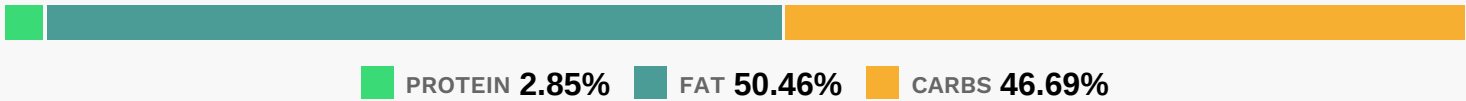
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Roll pie dough out to 1/4 inch thickness.
- ☐ Cut out circles of dough to fit cups of standard muffin tin. Gently place into muffin cups.
- ☐ In a saucepan, melt butter and margarine over low heat just until melted. Stir in brown sugar, coconut, spices, nuts, salt, eggs, lemon juice, and corn syrup.
- ☐ Mix well. Fill prepared muffin cups halfway with this mixture.
- ☐ Bake at 375 degrees F (190 degrees C) for 12 to 15 minutes, or until golden and bubbly.

Nutrition Facts



Properties

Glycemic Index:13.17, Glycemic Load:6.91, Inflammation Score:-2, Nutrition Score:1.8273912771888%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 145.87kcal (7.29%), Fat: 8.53g (13.12%), Saturated Fat: 3.5g (21.9%), Carbohydrates: 17.76g (5.92%), Net Carbohydrates: 17.25g (6.27%), Sugar: 16.56g (18.4%), Cholesterol: 20.42mg (6.81%), Sodium: 124.02mg (5.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.17%), Manganese: 0.16mg (8.16%), Vitamin A: 212.11IU (4.24%), Copper: 0.07mg (3.35%), Selenium: 2.23µg (3.19%), Phosphorus: 23.08mg (2.31%), Fiber: 0.51g (2.05%), Iron: 0.35mg (1.93%), Magnesium: 7.39mg (1.85%), Calcium: 16.64mg (1.66%), Vitamin E: 0.24mg (1.61%), Vitamin B2: 0.03mg (1.59%), Folate: 6.06µg (1.52%), Potassium: 47.57mg (1.36%), Vitamin B6: 0.03mg (1.33%), Vitamin B1: 0.02mg (1.17%), Zinc: 0.18mg (1.17%), Vitamin B5: 0.1mg (1.01%)