

Butter Tarts I

READY IN



45 min.

SERVINGS



12

CALORIES



376 kcal

DESSERT

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup butter melted
- ☐ 2 eggs
- ☐ 0.8 cup raisins
- ☐ 2 9-inch unbaked pie crusts ()
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup walnuts chopped
- ☐ 1 tablespoon distilled vinegar white

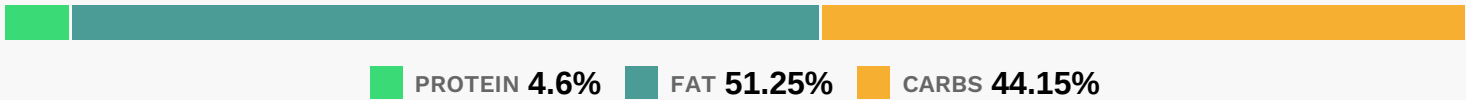
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Grease 12 3-inch tart pans.
- ☐ Roll out pastry and fit carefully into greased tart tins. Set aside.
- ☐ In a large bowl, beat eggs, then beat in brown sugar. Stir in vinegar and vanilla extract.
- ☐ Mix well, then stir in melted butter. Fold in raisins or dates and chopped nuts.
- ☐ Carefully spoon mixture into tart shells.
- ☐ Place tins on baking sheets.
- ☐ Bake in preheated oven for 10 minutes. Reduce oven temperature to 350 degrees F (175 degrees C) and bake an additional 25 to 30 minutes, until set.

Nutrition Facts



Properties

Glycemic Index:14.9, Glycemic Load:3.92, Inflammation Score:-3, Nutrition Score:5.7652174415796%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 376.15kcal (18.81%), Fat: 21.88g (33.65%), Saturated Fat: 8.28g (51.72%), Carbohydrates: 42.41g (14.14%), Net Carbohydrates: 40.47g (14.72%), Sugar: 18.05g (20.06%), Cholesterol: 47.62mg (15.87%), Sodium: 215.44mg (9.37%), Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Protein: 4.42g (8.84%), Manganese: 0.44mg (21.82%), Copper: 0.18mg (9.14%), Iron: 1.58mg (8.75%), Vitamin B1: 0.13mg (8.68%), Folate: 34.69µg (8.67%), Fiber: 1.94g (7.76%), Phosphorus: 73.69mg (7.37%), Vitamin B2: 0.12mg (7.13%), Selenium: 4.89µg (6.98%), Vitamin B3: 1.11mg (5.57%), Vitamin A: 277.76IU (5.56%), Magnesium: 22.05mg (5.51%), Potassium: 176.64mg (5.05%), Vitamin B6: 0.09mg (4.67%), Calcium: 37.75mg (3.77%), Zinc: 0.5mg (3.34%), Vitamin E: 0.5mg (3.34%), Vitamin B5: 0.33mg

(3.28%), Vitamin K: 3.31µg (3.16%), Vitamin B12: 0.08µg (1.36%)