



Canadian butter tarts

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



172 kcal

DESSERT

Ingredients

- ☐ 375 g pack ready rolled shortcrust pastry homemade
- ☐ 2 large eggs
- ☐ 175 g muscovado sugar light
- ☐ 100 g raisins
- ☐ 1 tsp vanilla extract
- ☐ 50 g butter room temperature
- ☐ 4 tbsp single cream
- ☐ 50 g walnuts chopped

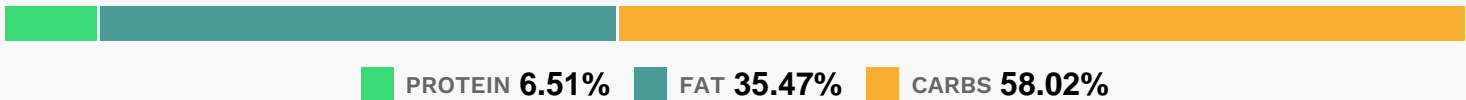
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ wooden spoon
- ☐ muffin tray

Directions

- ☐ Preheat the oven to fan 170C/ conventional 190C/gas
- ☐ Roll out the pastry on a lightly floured surface so its slightly thinner than straight from the pack. Then cut out 18-20 rounds with a 7.5cm fluted cutter, re-rolling the trimmings. Use the rounds to line two deep 12-hole tart tins (not muffin tins). If you only have a regular-sized, 12-hole tart tin you will be able to make a few more slightly shallower tarts.
- ☐ Beat the eggs in a large bowl and combine with the rest of the ingredients except the walnuts. Tip this mixture into a pan and stir continuously for 3-4 minutes until the butter melts, and the mixture bubbles and starts to thicken. It should be thick enough to coat the back of a wooden spoon. Dont overcook, and be sure to stir all the time as the mixture can easily burn.
- ☐ Remove from the heat and stir in the nuts.
- ☐ Spoon the filling into the unbaked tart shells so its level with the pastry.
- ☐ Bake for 15-18 minutes until set and pale golden. Leave in the tin to cool for a few minutes before lifting out on to a wire rack.
- ☐ Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:9.27, Glycemic Load:6.39, Inflammation Score:-2, Nutrition Score:3.7656521874925%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg

Nutrients (% of daily need)

Calories: 172.11kcal (8.61%), Fat: 6.9g (10.62%), Saturated Fat: 2.73g (17.08%), Carbohydrates: 25.41g (8.47%), Net Carbohydrates: 24.45g (8.89%), Sugar: 9.6g (10.66%), Cholesterol: 30.34mg (10.11%), Sodium: 131.86mg (5.73%), Alcohol: 0.08g (100%), Alcohol %: 0.2% (100%), Protein: 2.85g (5.7%), Manganese: 0.22mg (10.86%), Selenium: 6.89µg (9.84%), Vitamin B1: 0.13mg (8.77%), Vitamin B2: 0.12mg (6.83%), Folate: 24.15µg (6.04%), Iron: 1.06mg (5.9%), Vitamin B3: 0.96mg (4.8%), Copper: 0.09mg (4.55%), Phosphorus: 43.51mg (4.35%), Fiber: 0.96g (3.84%), Potassium: 98.34mg (2.81%), Magnesium: 11.04mg (2.76%), Vitamin A: 133.74IU (2.67%), Vitamin B6: 0.05mg (2.31%), Calcium: 20.74mg (2.07%), Vitamin B5: 0.19mg (1.91%), Zinc: 0.28mg (1.89%), Vitamin E: 0.19mg (1.25%), Vitamin B12: 0.06µg (1.01%)