



Canadian Butter Tarts

READY IN



45 min.

SERVINGS



12

CALORIES



380 kcal

DESSERT

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 0.5 tablespoon butter
- ☐ 0.5 cup coconut or flaked
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 5 tablespoons ice water
- ☐ 0.5 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 1 cup shortening

- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 cup walnuts chopped
- ☐ 1 tablespoon water hot

Equipment

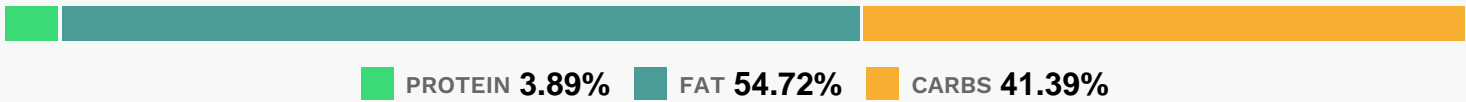
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ ziploc bags
- ☐ tart form

Directions

- ☐ Fill a cup with ice and water. Sift the flour and salt into a bowl.
- ☐ Cut in the shortening to make pea-size pieces.
- ☐ Add the tablespoons of ice water from the cup until dough holds together. Form the dough into a ball. The dough is now complete. Put it into a plastic bag or wrap it up and refrigerate for at least 15 minutes.
- ☐ Roll the dough between two sheets of waxed paper.
- ☐ Cut the shells using a large glass or your smallest pot. You should have about 12 shells when finished.
- ☐ Put these shells into a greased muffin or tart pan.
- ☐ Preheat oven to 350 degrees F (175 degrees C)
- ☐ Put walnuts and coconut on baking pan and roast for 5–10 minutes, until brown.
- ☐ Remove from oven and set temperature to 450 degrees F (230 degrees C).
- ☐ Fill the bottom of each tart shell with about 10 raisins each.
- ☐ Whisk together sugar, egg, butter, vanilla and hot water.
- ☐ Add coconut and walnuts.

- ☐
- Pour mixture into tart shells, filling 2/3 full and no more.
- ☐
- Bake in 450 degrees F (230 degrees C) oven for 10–12 minutes or until golden brown.
- ☐
- Let cool before attempting to remove. Makes 12 tarts.

Nutrition Facts



Properties

Glycemic Index:16.98, Glycemic Load:14.12, Inflammation Score:-2, Nutrition Score:6.3465217429659%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 379.56kcal (18.98%), Fat: 23.61g (36.32%), Saturated Fat: 7.05g (44.09%), Carbohydrates: 40.18g (13.39%), Net Carbohydrates: 38.3g (13.93%), Sugar: 18.26g (20.29%), Cholesterol: 14.89mg (4.96%), Sodium: 115.58mg (5.03%), Alcohol: 0.06g (100%), Alcohol %: 0.09% (100%), Protein: 3.78g (7.56%), Manganese: 0.44mg (21.76%), Selenium: 9.34µg (13.35%), Vitamin B1: 0.19mg (12.93%), Folate: 45.33µg (11.33%), Vitamin K: 9.34µg (8.9%), Iron: 1.59mg (8.83%), Vitamin B2: 0.14mg (8.35%), Copper: 0.17mg (8.33%), Vitamin E: 1.16mg (7.74%), Fiber: 1.88g (7.51%), Vitamin B3: 1.4mg (6.99%), Phosphorus: 59.34mg (5.93%), Magnesium: 19.49mg (4.87%), Potassium: 142.72mg (4.08%), Vitamin B6: 0.07mg (3.57%), Vitamin B5: 0.35mg (3.47%), Zinc: 0.43mg (2.89%), Calcium: 28.4mg (2.84%)