



Cape Breton 'Pork' Pies

READY IN



91 min.

SERVINGS



48

CALORIES



87 kcal

DESSERT

Ingredients

- ☐ 0.8 cup brown sugar packed
- ☐ 0.3 cup butter
- ☐ 2.3 cups confectioners' sugar
- ☐ 2.3 cups dates pitted chopped
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon maple extract
- ☐ 2 tablespoons milk
- ☐ 0.3 teaspoon salt
- ☐ 48 servings phyllo tart shells

- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ pastry bag

Directions

- ☐ Preheat an oven to 325 degrees F (165 degrees C).
- ☐ Tart shells: Sift together flour and 2 tablespoons confectioners' sugar in a bowl.
- ☐ Cut in 1 cup butter; knead until well blended. Form dough into 3/4 inch balls. Press evenly into 1 1/2 inch tart cups on the bottom and up the sides to form a shell.
- ☐ Bake in preheated oven until pale gold, about 16 minutes.
- ☐ Let shells cool in the pan. Gently loosen and remove them from pan using a knife.
- ☐ Combine dates, water, brown sugar, and salt in a saucepan. Bring to a boil; boil gently for about 10 minutes, stirring constantly. Mash dates with a fork as they cook.
- ☐ Remove from heat and stir in vanilla. Allow mixture to cool before spooning into tart shells.
- ☐ Icing: Cream 1/4 cup butter in a small bowl with an electric mixer. Gradually add 1 cup of the sugar while continuing to mix.
- ☐ Add the milk, remaining 1 1/4 cups sugar, and maple extract. Beat at high speed until smooth. Icing should be thick enough to pipe. Spoon mixture into pastry bag with a small round or star-shaped tip. Pipe a swirl of icing on each tart.

Nutrition Facts



 PROTEIN **3.73%**  FAT **13.45%**  CARBS **82.82%**

Properties

Glycemic Index:4.48, Glycemic Load:5.29, Inflammation Score:-1, Nutrition Score:1.2973913097673%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 87.19kcal (4.36%), Fat: 1.34g (2.07%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 18.6g (6.2%), Net Carbohydrates: 17.86g (6.49%), Sugar: 13.31g (14.79%), Cholesterol: 2.86mg (0.95%), Sodium: 24.38mg (1.06%), Alcohol: 0.03g (100%), Alcohol %: 0.12% (100%), Protein: 0.84g (1.67%), Vitamin B1: 0.04mg (2.99%), Fiber: 0.74g (2.96%), Selenium: 2.07µg (2.96%), Manganese: 0.06mg (2.81%), Folate: 10.91µg (2.73%), Iron: 0.43mg (2.41%), Vitamin B3: 0.4mg (2%), Vitamin B2: 0.03mg (1.92%), Potassium: 56.81mg (1.62%), Copper: 0.02mg (1.23%), Magnesium: 4.58mg (1.14%), Phosphorus: 10.95mg (1.1%)