



Caramel-Almond Tartlets

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



207 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon almond extract
- 1 cup almonds sliced
- 2 tablespoons brown sugar
- 0.5 cup butter cold cut into pieces
- 1 egg yolk
- 0.8 teaspoon salt
- 0.8 cup sugar
- 1.3 cups unbleached flour all-purpose

- 1 teaspoon vanilla extract
- 0.8 cup whipping cream
- 1 tablespoon whipping cream

Equipment

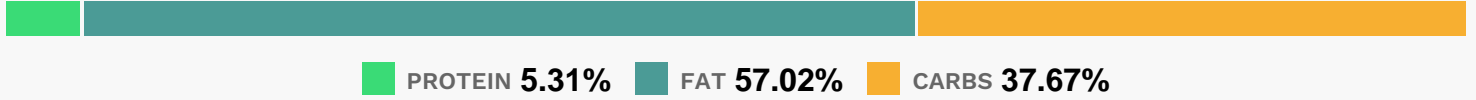
- food processor
- bowl
- frying pan
- baking sheet
- oven
- wire rack
- wooden spoon

Directions

- Process first 3 ingredients in a food processor just until blended.
- Add pieces of butter, pulsing 5 or 6 times or until mixture is crumbly.
- Combine egg yolk, whipping cream, and vanilla; stir well. With processor running, slowly add egg mixture through food chute; process just until ingredients form a ball and leave sides of bowl. Shape dough into a flat disc; cover and chill 30 minutes.
- Place 3/4 cup sugar in a large, heavy skillet. Cook over medium heat, stirring constantly with a wooden spoon, until sugar melts and syrup is golden.
- Remove from heat, and slowly add 3/4 cup cream, stirring gently. (Sugar may crack and harden, but will melt again.) Return to heat, and cook, stirring gently, until mixture is smooth and thickened.
- Remove from heat; stir in almond extract and sliced almonds. Cool.
- Cut chilled dough in half; divide each half into 8 balls. Press each ball into a lightly greased 1 1/2" round tartlet pan; place tartlet pans on a baking sheet.
- Bake at 350 for 12 minutes. Cool slightly.
- Increase oven temperature to 40
- Fill each tartlet shell with 1 tablespoon almond filling.

- Bake at 400 for 14 to 18 minutes or until golden. Cool completely on a wire rack.
- Remove from pans.
- Note: For variety, we baked some of the tartlets in 4" x 2" barquette (boat-shaped) molds. We reduced the baking times for the crust and tartlets each to 9 minutes.

Nutrition Facts



Properties

Glycemic Index:12.82, Glycemic Load:11.99, Inflammation Score:-3, Nutrition Score:4.146521727676%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 207.32kcal (10.37%), Fat: 13.41g (20.63%), Saturated Fat: 6.77g (42.31%), Carbohydrates: 19.94g (6.65%), Net Carbohydrates: 18.96g (6.89%), Sugar: 11.5g (12.78%), Cholesterol: 41.07mg (13.69%), Sodium: 159.23mg (6.92%), Alcohol: 0.13g (100%), Alcohol %: 0.35% (100%), Protein: 2.81g (5.62%), Vitamin E: 1.78mg (11.88%), Manganese: 0.2mg (10.06%), Vitamin B2: 0.15mg (8.65%), Vitamin A: 371.33IU (7.43%), Selenium: 4.68µg (6.69%), Vitamin B1: 0.09mg (6.22%), Folate: 22.76µg (5.69%), Phosphorus: 51.39mg (5.14%), Magnesium: 18.9mg (4.73%), Iron: 0.73mg (4.04%), Vitamin B3: 0.8mg (3.99%), Fiber: 0.98g (3.93%), Copper: 0.08mg (3.86%), Calcium: 29.52mg (2.95%), Zinc: 0.31mg (2.07%), Potassium: 69.77mg (1.99%), Vitamin D: 0.25µg (1.69%), Vitamin B5: 0.14mg (1.44%), Vitamin B6: 0.02mg (1.06%)