



Caramel Pecan Tarts

READY IN



105 min.

SERVINGS



24

CALORIES



113 kcal

DESSERT

Ingredients

- 1 cup flour all-purpose
- 0.5 cup butter softened
- 0.3 cup powdered sugar
- 0.8 cup brown sugar packed
- 0.5 cup pecans chopped
- 1 tablespoon butter softened
- 1 teaspoon vanilla
- 0.3 teaspoon salt
- 1 eggs slightly beaten

- 12 vanilla pod
- 1 tablespoon milk

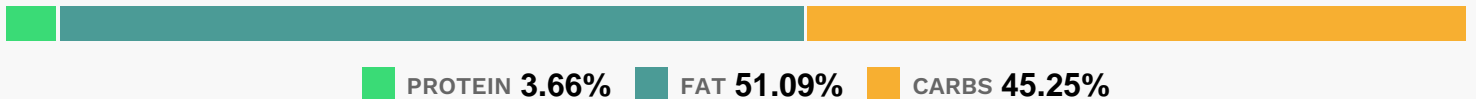
Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- wire rack
- aluminum foil

Directions

- Heat oven to 350°F. In medium bowl, mix flour, 1/2 cup butter and the powdered sugar. Divide dough into 24 equal pieces. Press each piece in bottom and up side of small muffin cup, 1 3/4x1 inch, ungreased or lined with foil or paper baking cups.
- In medium bowl, mix remaining Tart ingredients. Spoon slightly less than 1 tablespoon mixture into each cup.
- Bake about 20 minutes or until filling is set and crust is light brown. Cool slightly; loosen from cups with tip of knife.
- Remove from pan to wire rack. Cool completely, about 1 hour.
- In 1-quart saucepan, heat caramels and milk over low heat, stirring constantly, until melted and smooth. Spoon topping onto cooled tarts.

Nutrition Facts



Properties

Glycemic Index:5.13, Glycemic Load:2.9, Inflammation Score:-2, Nutrition Score:1.7834782347731%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 113.19kcal (5.66%), Fat: 6.53g (10.05%), Saturated Fat: 1.1g (6.9%), Carbohydrates: 13.02g (4.34%), Net Carbohydrates: 12.66g (4.6%), Sugar: 8.05g (8.95%), Cholesterol: 6.89mg (2.3%), Sodium: 79.23mg (3.44%), Alcohol: 0.06g (100%), Alcohol %: 0.28% (100%), Protein: 1.05g (2.11%), Manganese: 0.14mg (7.16%), Vitamin A: 202.21IU (4.04%), Vitamin B1: 0.06mg (3.83%), Selenium: 2.52µg (3.6%), Folate: 11.01µg (2.75%), Vitamin B2: 0.04mg (2.37%), Iron: 0.38mg (2.12%), Copper: 0.04mg (1.98%), Phosphorus: 17.68mg (1.77%), Vitamin B3: 0.35mg (1.73%), Vitamin E: 0.22mg (1.46%), Fiber: 0.36g (1.43%), Magnesium: 4.99mg (1.25%), Calcium: 11.51mg (1.15%), Zinc: 0.17mg (1.12%)