



Caramelized Butter Tarts

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



18

CALORIES



94 kcal

DESSERT

Ingredients

- 1 cup brown sugar
- 0.3 cup butter
- 1 eggs
- 2 tablespoons milk
- 0.5 cup raisins
- 1 vanilla pod

Equipment

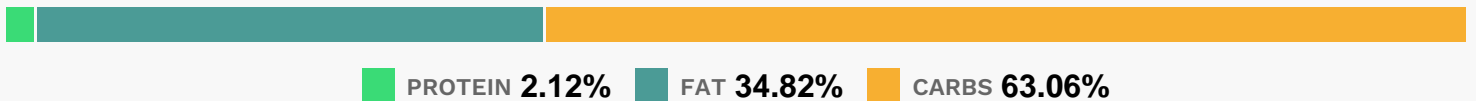
- frying pan

- sauce pan
- oven
- whisk
- mixing bowl

Directions

- Watch how to make this recipe.
- Combine the flour, salt, and sugar in a mixing bowl.
- Add the lemon zest and vanilla.
- Cut in the butter and mix until the butter is in pea-sized pieces.
- Add the eggs and water and mix until combined. Divide the dough into 18 pieces and roll each into a circle. Press the dough into tart pans.
- Filling: Melt the butter, brown sugar and milk in saucepan and stir until the sugar starts to dissolve. Take the pan off the heat and whisk in the egg and raisins.
- Preheat the oven to 350 degrees F.
- Bake the tart crusts for 12 minutes. Divide the filling among the tarts and bake until bubbly, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:8.16, Glycemic Load:1.73, Inflammation Score:-1, Nutrition Score:0.86956521998281%

Nutrients (% of daily need)

Calories: 93.66kcal (4.68%), Fat: 3.76g (5.78%), Saturated Fat: 2.28g (14.22%), Carbohydrates: 15.32g (5.11%), Net Carbohydrates: 15.04g (5.47%), Sugar: 11.95g (13.27%), Cholesterol: 18.33mg (6.11%), Sodium: 35.68mg (1.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.03%), Vitamin A: 120.95IU (2.42%), Potassium: 56.37mg (1.61%), Calcium: 15.7mg (1.57%), Selenium: 1µg (1.42%), Vitamin B2: 0.02mg (1.31%), Iron: 0.23mg (1.3%), Fiber: 0.27g (1.1%), Phosphorus: 11.04mg (1.1%)