

Cashew Tassie Cups

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



211 kcal

SIDE DISH

Ingredients

- 0.5 cup brown sugar packed
- 0.5 cup butter softened
- 0.7 cup cashew pieces coarsely chopped
- 3 ounces cream cheese softened
- 1 eggs
- 1 cup flour all-purpose
- 1 teaspoon vanilla extract

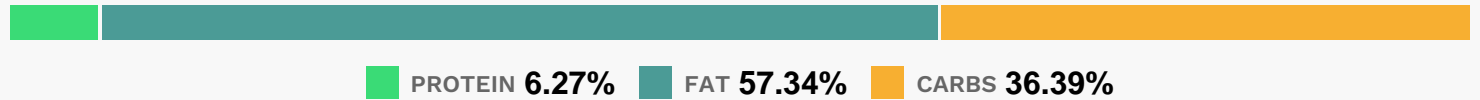
Equipment

- bowl
- oven
- muffin liners

Directions

- In a small bowl, beat butter and cream cheese until smooth; stir in flour. Shape into 1-in. balls. Press dough onto the bottom and up the sides of ungreased miniature muffin cups. Spoon cashews into shells; set aside.
- In another small bowl, beat the brown sugar, egg and vanilla until combined; spoon over nuts.
- Bake at 350° for 20–25 minutes or until filling is set and pastry is golden brown. Cool for 10 minute before removing from pans to wire racks.

Nutrition Facts



Properties

Glycemic Index:14.77, Glycemic Load:6.34, Inflammation Score:-3, Nutrition Score:4.3839130573299%

Nutrients (% of daily need)

Calories: 211.21kcal (10.56%), Fat: 13.7g (21.08%), Saturated Fat: 6.98g (43.64%), Carbohydrates: 19.57g (6.52%), Net Carbohydrates: 19.05g (6.93%), Sugar: 9.67g (10.75%), Cholesterol: 41.13mg (13.71%), Sodium: 91.94mg (4%), Alcohol: 0.11g (100%), Alcohol %: 0.31% (100%), Protein: 3.37g (6.74%), Manganese: 0.2mg (9.9%), Selenium: 6.9µg (9.85%), Copper: 0.18mg (9.04%), Vitamin B1: 0.12mg (7.71%), Phosphorus: 71.25mg (7.12%), Vitamin A: 351.35IU (7.03%), Magnesium: 25.35mg (6.34%), Iron: 1.1mg (6.12%), Folate: 23.59µg (5.9%), Vitamin B2: 0.09mg (5.42%), Zinc: 0.58mg (3.88%), Vitamin B3: 0.72mg (3.58%), Vitamin K: 3.3µg (3.14%), Vitamin E: 0.39mg (2.6%), Potassium: 87.82mg (2.51%), Vitamin B6: 0.05mg (2.44%), Calcium: 23.06mg (2.31%), Vitamin B5: 0.23mg (2.27%), Fiber: 0.52g (2.07%), Vitamin B12: 0.06µg (1.07%)