



Chocolate and Pecan Tartlets

READY IN



45 min.

SERVINGS



24

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 5 tablespoons butter melted softened
- 1 tablespoon powdered sugar
- 1 large eggs
- 1 cup flour all-purpose
- 4 ounces cream cheese light
- 0.8 cup brown sugar
- 0.7 cup pecans chopped
- 0.3 teaspoon salt
- 0.3 cup semisweet chocolate chips mini

1 teaspoon vanilla extract

Equipment

bowl

oven

knife

plastic wrap

muffin liners

mini muffin tray

Directions

Mix softened butter and cream cheese in a bowl until smooth. Blend in flour, a bit at a time, confectioners' sugar and 1/8 teaspoon salt. Form dough into a disk. Cover in plastic wrap; refrigerate at least 3 hours.

Heat oven to 325°F. Divide dough into 24 balls; press into two 12-cup mini muffin tins, pushing dough up over edges. Refrigerate.

Mix brown sugar, chocolate, egg, melted butter, vanilla and remaining 1/8 teaspoon salt in a bowl until combined. Divide half the pecans among muffin cups; top with brown sugar mixture; sprinkle remaining pecans on top.

Bake 20 minutes or until dough is lightly golden around edges.

Let sit 5 minutes. Run tip of knife around cup edges to loosen.

Remove when cool enough to handle; transfer to wire racks to cool completely.

Self

Nutrition Facts



PROTEIN 5.51% **FAT 49.91%** **CARBS 44.58%**

Properties

Glycemic Index:5.63, Glycemic Load:2.89, Inflammation Score:-1, Nutrition Score:2.5573913289801%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 120.2kcal (6.01%), Fat: 6.78g (10.43%), Saturated Fat: 2.91g (18.21%), Carbohydrates: 13.62g (4.54%), Net Carbohydrates: 12.92g (4.7%), Sugar: 8.64g (9.6%), Cholesterol: 16.77mg (5.59%), Sodium: 65.28mg (2.84%), Alcohol: 0.06g (100%), Alcohol %: 0.25% (100%), Protein: 1.68g (3.37%), Manganese: 0.22mg (11.06%), Copper: 0.09mg (4.56%), Selenium: 3.1µg (4.43%), Vitamin B1: 0.06mg (4.32%), Phosphorus: 34.85mg (3.48%), Iron: 0.62mg (3.45%), Folate: 12.23µg (3.06%), Vitamin B2: 0.05mg (2.99%), Magnesium: 11.92mg (2.98%), Fiber: 0.69g (2.78%), Vitamin A: 113.56IU (2.27%), Zinc: 0.32mg (2.13%), Calcium: 19.54mg (1.95%), Vitamin B3: 0.39mg (1.94%), Potassium: 61.27mg (1.75%), Vitamin B5: 0.14mg (1.43%), Vitamin B12: 0.07µg (1.21%), Vitamin E: 0.17mg (1.11%)