



## Cinnamon-Sugar Fig Tarts

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



462 kcal

DESSERT

### Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 2 tablespoons brown sugar
- 0.5 cup dates pitted chopped
- 1 large eggs
- 10 fig preserves
- 3 cups flour all-purpose
- 0.3 teaspoon ground allspice

- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon salt
- 1 cup sugar
- 0.8 cup butter unsalted softened
- 1 teaspoon vanilla extract
- 0.5 cup walnuts toasted chopped

## Equipment

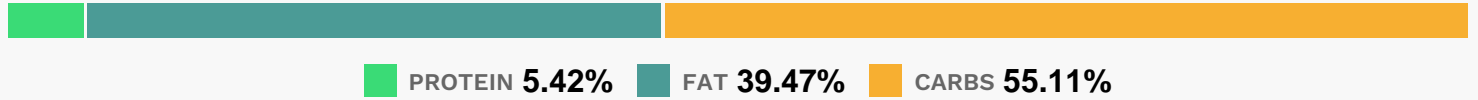
- baking sheet
- oven
- wire rack
- hand mixer
- cookie cutter

## Directions

- Beat butter at medium speed of an electric mixer until fluffy; gradually add sugar, beating well.
- Add egg and vanilla, beating well.
- Combine flour and next 4 ingredients; gradually add to butter mixture, beating until blended. Shape dough into a ball. Cover and chill 30 minutes.
- Roll dough to 1/4" thickness on a lightly floured surface.
- Cut and fit dough into nine lightly greased 3" tart pans, reserving dough scraps.
- Combine preserves and remaining 4 ingredients; stir well. Spoon filling mixture into tart pans.
- Roll dough scraps to 1/8" thickness; cut half of dough into 1/4" strips.
- Cut remaining half of dough with small cookie cutters.
- Arrange strips of dough, lattice fashion, across tops of 4 tarts.
- Place shaped cutouts on tops of remaining tarts.
- Place tarts on a baking sheet.
- Bake at 375 for 15 minutes or until golden.
- Let cool on a wire rack. Gently remove from pans.

Note: For fig preserves, we used Braswell's.

## Nutrition Facts



### Properties

Glycemic Index:42.68, Glycemic Load:42.1, Inflammation Score:-5, Nutrition Score:9.5347824679769%

### Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

### Nutrients (% of daily need)

Calories: 461.73kcal (23.09%), Fat: 20.63g (31.74%), Saturated Fat: 10.36g (64.74%), Carbohydrates: 64.81g (21.6%), Net Carbohydrates: 62.51g (22.73%), Sugar: 30.85g (34.28%), Cholesterol: 61.34mg (20.45%), Sodium: 232.13mg (10.09%), Alcohol: 0.15g (100%), Alcohol %: 0.18% (100%), Protein: 6.37g (12.74%), Manganese: 0.56mg (27.76%), Selenium: 16.78µg (23.97%), Vitamin B1: 0.36mg (23.8%), Folate: 87.53µg (21.88%), Vitamin B2: 0.26mg (15.2%), Iron: 2.45mg (13.64%), Vitamin B3: 2.66mg (13.28%), Phosphorus: 108.05mg (10.8%), Vitamin A: 505.47IU (10.11%), Copper: 0.19mg (9.61%), Fiber: 2.3g (9.2%), Calcium: 79.91mg (7.99%), Magnesium: 24.71mg (6.18%), Potassium: 145.78mg (4.17%), Zinc: 0.61mg (4.08%), Vitamin B6: 0.08mg (3.92%), Vitamin E: 0.58mg (3.84%), Vitamin B5: 0.38mg (3.78%), Vitamin D: 0.39µg (2.63%), Vitamin K: 1.9µg (1.81%), Vitamin B12: 0.08µg (1.36%)