



## Coconut-Pecan Cookie Tarts

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



3521 kcal

### Ingredients

- 1 cup butter softened
- 6 ounce cream cheese softened
- 2 cups flour all-purpose
- 1 cup coconut or sweetened flaked

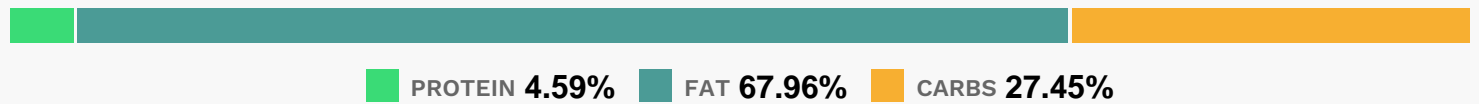
### Equipment

- frying pan
- oven
- wire rack
- hand mixer

## Directions

- Beat butter and cream cheese at medium speed with an electric mixer until creamy; stir in coconut. Gradually add flour to butter mixture, beating at low speed after each addition.
- Shape dough into 36 balls; chill 1 hour.
- Place dough balls in lightly greased miniature muffin pans, shaping each into a thick shell. Spoon Pecan Filling evenly into tart shells.
- Bake at 350 for 15 minutes; reduce heat to 250, and bake 10 more minutes or until filling is set. Cool in pan on wire rack 10 minutes.
- Remove from pan; cool completely on wire rack.

## Nutrition Facts



## Properties

Glycemic Index:152, Glycemic Load:140.62, Inflammation Score:-10, Nutrition Score:48.696956675986%

## Nutrients (% of daily need)

Calories: 3520.53kcal (176.03%), Fat: 268.86g (413.63%), Saturated Fat: 173.87g (1086.66%), Carbohydrates: 244.33g (81.44%), Net Carbohydrates: 229.17g (83.33%), Sugar: 38.49g (42.76%), Cholesterol: 659.85mg (219.95%), Sodium: 2240.97mg (97.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.88g (81.75%), Selenium: 115.33µg (164.76%), Vitamin A: 7957.13IU (159.14%), Vitamin B1: 2.03mg (135.05%), Manganese: 2.54mg (126.94%), Folate: 482.17µg (120.54%), Vitamin B2: 1.72mg (100.95%), Vitamin B3: 15.6mg (78.01%), Iron: 13.12mg (72.87%), Fiber: 15.16g (60.66%), Phosphorus: 591.48mg (59.15%), Vitamin E: 6.88mg (45.86%), Copper: 0.64mg (32.07%), Magnesium: 118.2mg (29.55%), Calcium: 266.32mg (26.63%), Potassium: 853.36mg (24.38%), Vitamin B5: 2.43mg (24.33%), Zinc: 3.41mg (22.72%), Vitamin K: 20.21µg (19.25%), Vitamin B12: 0.76µg (12.67%), Vitamin B6: 0.24mg (11.88%)