



Cream Cheese Pastry Shells

 Vegetarian

READY IN



140 min.

SERVINGS



24

CALORIES



167 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup butter softened
- ☐ 8 oz cream cheese softened
- ☐ 3.5 cups flour all-purpose

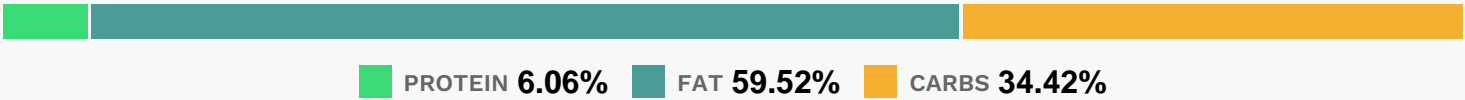
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ stand mixer

Directions

- ☐ Beat butter and cream cheese at medium speed with a heavy-duty electric stand mixer until creamy. Gradually add flour to butter mixture, beating at low speed just until blended. Shape dough into 72 (3/4-inch) balls, and place on a baking sheet; cover and chill 1 hour.
- ☐ Place dough balls in cups of lightly greased miniature muffin pans; press dough to top of cups, forming shells.
- ☐ Bake at 400 for 10 to 12 minutes.
- ☐ Remove from pans to wire racks, and cool completely (about 15 minutes).
- ☐ Baked pastry shells may be made up to 1 month ahead and frozen in an airtight container. Thaw at room temperature before filling.

Nutrition Facts



Properties

Glycemic Index:6.33, Glycemic Load:10.21, Inflammation Score:-3, Nutrition Score:3.3091304483621%

Nutrients (% of daily need)

Calories: 167.24kcal (8.36%), Fat: 11.1g (17.08%), Saturated Fat: 6.8g (42.49%), Carbohydrates: 14.44g (4.81%), Net Carbohydrates: 13.95g (5.07%), Sugar: 0.41g (0.46%), Cholesterol: 29.88mg (9.96%), Sodium: 90.85mg (3.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.09%), Selenium: 7.09µg (10.12%), Vitamin B1: 0.15mg (9.72%), Folate: 34.49µg (8.62%), Vitamin A: 363.28IU (7.27%), Vitamin B2: 0.12mg (6.76%), Manganese: 0.13mg (6.27%), Vitamin B3: 1.09mg (5.44%), Iron: 0.86mg (4.77%), Phosphorus: 32.07mg (3.21%), Vitamin E: 0.31mg (2.08%), Fiber: 0.49g (1.97%), Vitamin B5: 0.14mg (1.44%), Calcium: 14.17mg (1.42%), Copper: 0.03mg (1.4%), Magnesium: 5.05mg (1.26%), Zinc: 0.18mg (1.22%)