



## Crunchy Pecan Pie Bites

READY IN



15 min.

SERVINGS



100

CALORIES



50 kcal

DESSERT

### Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 0.8 cup plus dark
- ☐ 3 large eggs lightly beaten
- ☐ 10.5 oz mini-phylo pastry shells frozen
- ☐ 3 cups pecans chopped
- ☐ 0.1 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 1 teaspoon vanilla extract

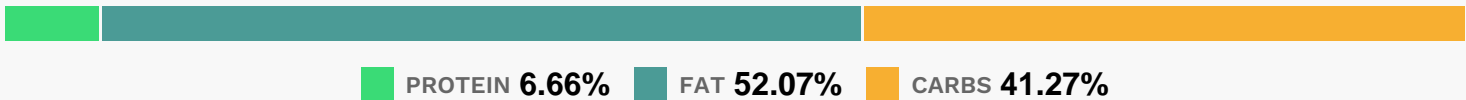
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Preheat oven to 350
- ☐ Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until toasted and fragrant.
- ☐ Stir together sugar and corn syrup in a medium bowl. Stir in pecans, eggs, and next 3 ingredients.
- ☐ Spoon about 1 heaping teaspoonful pecan mixture into each pastry shell, and place on 2 large baking sheets.
- ☐ Bake at 350 for 20 to 22 minutes or until set.
- ☐ Remove to wire racks, and let cool completely (about 30 minutes). Store in an airtight container for up to 3 days.
- ☐ Mini Pecan Pies: Substitute 1 1/2 (8-oz.) packages frozen tart shells for frozen mini-phyllo pastry shells. Prepare recipe as directed through Step 4, increasing bake time to 25 to 30 minutes or until set.
- ☐ Place tart shells on a large baking sheet. Proceed with recipe as directed in Step 4, increasing bake time to 25 to 30 minutes or until set.
- ☐ Garnish with currants, if desired. Makes 1 dozen. Prep: 15 min.,
- ☐ Bake: 30 min.

## Nutrition Facts



## Properties

Glycemic Index:2.2, Glycemic Load:2.85, Inflammation Score:-1, Nutrition Score:0.95347826733537%

## Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

**Nutrients (% of daily need)**

Calories: 50.28kcal (2.51%), Fat: 3.14g (4.83%), Saturated Fat: 0.39g (2.46%), Carbohydrates: 5.6g (1.87%), Net Carbohydrates: 5.29g (1.92%), Sugar: 3.62g (4.02%), Cholesterol: 6.18mg (2.06%), Sodium: 17.01mg (0.74%), Alcohol: 0.01g (100%), Alcohol %: 0.14% (100%), Protein: 0.9g (1.81%), Manganese: 0.15mg (7.51%), Copper: 0.04mg (2.09%), Vitamin B1: 0.02mg (1.5%), Fiber: 0.31g (1.26%), Phosphorus: 12.38mg (1.24%), Zinc: 0.17mg (1.13%), Magnesium: 4.35mg (1.09%)