



Derby Day Tassies

READY IN



45 min.

SERVINGS



24

CALORIES



172 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup brown sugar
- ☐ 1 tablespoon butter soft
- ☐ 3 ounces cream cheese softened
- ☐ 1 eggs
- ☐ 2 eggs beaten
- ☐ 1 cup flour all-purpose sifted
- ☐ 24 juice of lemon
- ☐ 1 lemon zest grated
- ☐ 1 stick butter softened (see headnote)

- ☐ 0.7 cup pecans toasted chopped
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla

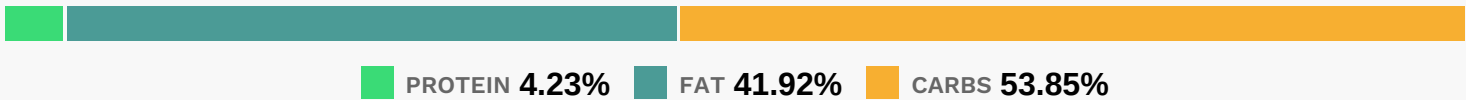
Equipment

- ☐ frying pan
- ☐ oven
- ☐ muffin tray

Directions

- ☐ For Pastry: Blend cream cheese and margarine and add flour; blend until fully incorporated. Chill the dough overnight in the refrigerator or for an hour in the freezer.
- ☐ Divide and shape into 2 dozen balls.
- ☐ Place in ungreased 1 3/4" muffin tin. Press dough in bottom and side of cup.
- ☐ Refrigerate pans while making the filling.
- ☐ For Pecan Filling: Beat together egg, sugar, butter, vanilla, salt.
- ☐ Divide half of the nuts among cups.
- ☐ Add 1 teaspoon of filling on top of pecans. Top with remaining pecans. The pastry puffs so don't get the shells too full.
- ☐ Bake at 325°F for 25 minutes or until filling has set.
- ☐ Let tassies cool in the pan and remove.
- ☐ For Lemon Filling: Cream sugar and butter.
- ☐ Add lemon rind and beaten eggs to the mixture. Stir in lemon juice.
- ☐ Divide the filling between the shells, being careful not to over fill them.
- ☐ Bake at 350°F for 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:9.67, Glycemic Load:8.76, Inflammation Score:-3, Nutrition Score:3.4082608942104%

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 Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 172.3kcal (8.61%), Fat: 8.34g (12.82%), Saturated Fat: 2.18g (13.63%), Carbohydrates: 24.1g (8.03%), Net Carbohydrates: 23.55g (8.56%), Sugar: 18.28g (20.32%), Cholesterol: 25.29mg (8.43%), Sodium: 70.17mg (3.05%), Alcohol: 0.06g (100%), Alcohol %: 0.1% (100%), Protein: 1.89g (3.79%), Vitamin C: 11.98mg (14.52%), Manganese: 0.18mg (9.19%), Selenium: 4.07µg (5.82%), Vitamin A: 263.91IU (5.28%), Folate: 19.29µg (4.82%), Vitamin B1: 0.07mg (4.78%), Vitamin B2: 0.07mg (4.2%), Phosphorus: 32.72mg (3.27%), Copper: 0.06mg (2.92%), Iron: 0.51mg (2.86%), Vitamin E: 0.34mg (2.26%), Fiber: 0.55g (2.19%), Potassium: 76.28mg (2.18%), Magnesium: 8.62mg (2.16%), Vitamin B5: 0.21mg (2.1%), Calcium: 20.82mg (2.08%), Vitamin B3: 0.39mg (1.95%), Vitamin B6: 0.04mg (1.92%), Zinc: 0.28mg (1.88%), Vitamin B12: 0.06µg (1.04%)