

Easy Egg Tarts

 Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



25

CALORIES



44 kcal

DESSERT

Ingredients

- 5 eggs
- 2 inch unbaked tart shells
- 1.3 cups water
- 1 cup sugar white

Equipment

- oven

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Dissolve sugar in water. Beat in eggs.
- Divide into tartlet shells and bake at 400 degrees F (200 degrees C) for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:2.8, Glycemic Load:5.58, Inflammation Score:-1, Nutrition Score:0.83260869607329%

Nutrients (% of daily need)

Calories: 44.35kcal (2.22%), Fat: 0.92g (1.42%), Saturated Fat: 0.3g (1.87%), Carbohydrates: 8.12g (2.71%), Net Carbohydrates: 8.11g (2.95%), Sugar: 8.03g (8.92%), Cholesterol: 32.78mg (10.93%), Sodium: 13.75mg (0.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.26%), Selenium: 2.75µg (3.93%), Vitamin B2: 0.04mg (2.46%), Phosphorus: 17.42mg (1.74%), Vitamin B5: 0.13mg (1.35%), Vitamin B12: 0.08µg (1.31%), Vitamin D: 0.18µg (1.17%), Folate: 4.14µg (1.03%)