

## Egg Tarts II



Vegetarian

READY IN



60 min.

SERVINGS



22

CALORIES



136 kcal

DESSERT

### Ingredients

- ☐ 10 tablespoons butter diced
- ☐ 0.3 cup confectioners' sugar
- ☐ 1 eggs
- ☐ 3 eggs
- ☐ 0.4 cup evaporated milk
- ☐ 2 cups flour all-purpose
- ☐ 1 pinch salt
- ☐ 0.3 teaspoon vanilla extract

- ☐ 1 cup water
- ☐ 0.8 cup sugar white

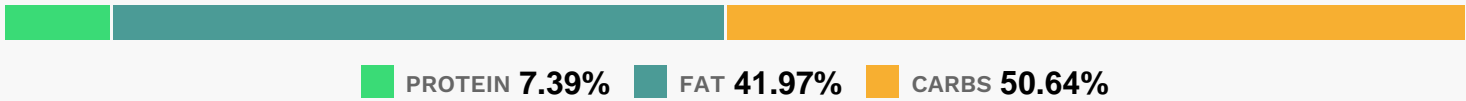
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ cookie cutter
- ☐ pastry cutter

## Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C.)
- ☐ In a large bowl, mix flour and salt together. Blend in butter with a pastry cutter until mixture resemble coarse crumbs. In a small bowl, beat the egg with the cold water. Stir the egg mixture into the flour mixture to form a soft dough. Wrap with plastic and refrigerate for 30 minutes.
- ☐ Divide dough in half.
- ☐ Roll each half out to 1/8 inch thickness. Using a 3.5 inch (8.5 centimeter) fluted round cookie cutter, cut out 22 rounds. Press dough into lightly greased 3 inch tart pans.
- ☐ In a saucepan over low heat, stir water and sugar until sugar dissolves. Measure 1 cup plus 2 tablespoons of the resulting syrup and set aside to cool.
- ☐ In a large bowl, combine eggs, evaporated milk and vanilla. Beat until smooth. Strain into reserved syrup and mix well.
- ☐ Pour into prepared tart shells.
- ☐ Bake in the preheated oven for 20 minutes, or until pastry is golden brown and filling is set.

## Nutrition Facts



## Properties

Glycemic Index:8.87, Glycemic Load:11.04, Inflammation Score:-2, Nutrition Score:2.7743478329933%

Nutrients (% of daily need)

Calories: 135.92kcal (6.8%), Fat: 6.38g (9.81%), Saturated Fat: 3.74g (23.35%), Carbohydrates: 17.32g (5.77%), Net Carbohydrates: 17.01g (6.19%), Sugar: 8.64g (9.6%), Cholesterol: 44.69mg (14.9%), Sodium: 59.46mg (2.59%), Alcohol: 0.02g (100%), Alcohol %: 0.04% (100%), Protein: 2.53g (5.06%), Selenium: 6.52µg (9.31%), Vitamin B2: 0.11mg (6.47%), Vitamin B1: 0.09mg (6.32%), Folate: 25.09µg (6.27%), Vitamin A: 212.49IU (4.25%), Manganese: 0.08mg (4.02%), Phosphorus: 38.36mg (3.84%), Iron: 0.68mg (3.78%), Vitamin B3: 0.69mg (3.44%), Vitamin B5: 0.21mg (2.07%), Calcium: 19.33mg (1.93%), Vitamin E: 0.25mg (1.64%), Zinc: 0.22mg (1.49%), Vitamin B12: 0.09µg (1.48%), Copper: 0.03mg (1.26%), Fiber: 0.31g (1.23%), Magnesium: 4.73mg (1.18%), Vitamin D: 0.16µg (1.1%), Potassium: 37.97mg (1.08%), Vitamin B6: 0.02mg (1.05%)