



English Butter Tarts

 Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



148 kcal

DESSERT

Ingredients

- 0.5 cup brown sugar packed
- 0.5 cup plus light
- 1 eggs
- 0.8 cup raisins
- 0.3 teaspoon salt
- 0.3 cup shortening
- 2 inch phyllo tart shells
- 1 teaspoon vanilla extract

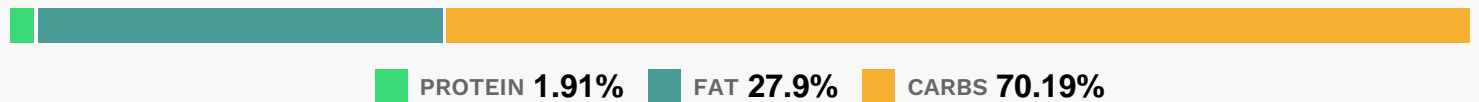
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Arrange tart shells on a baking sheet. Distribute raisins evenly into shells. In a large bowl, combine brown sugar, corn syrup, shortening, egg, vanilla and salt.
- Mix until smooth, and pour over raisins in shells.
- Bake in preheated oven for 12 to 15 minutes or until done. Be careful not to over bake.

Nutrition Facts



Properties

Glycemic Index:6.48, Glycemic Load:5.89, Inflammation Score:-1, Nutrition Score:1.3291304409504%

Nutrients (% of daily need)

Calories: 147.84kcal (7.39%), Fat: 4.82g (7.41%), Saturated Fat: 1.25g (7.81%), Carbohydrates: 27.27g (9.09%), Net Carbohydrates: 26.63g (9.68%), Sugar: 19.88g (22.09%), Cholesterol: 13.74mg (4.58%), Sodium: 68.98mg (3%), Alcohol: 0.11g (100%), Alcohol %: 0.35% (100%), Protein: 0.74g (1.48%), Potassium: 92.66mg (2.65%), Fiber: 0.64g (2.55%), Iron: 0.41mg (2.26%), Vitamin K: 2.28µg (2.17%), Vitamin E: 0.3mg (2%), Selenium: 1.39µg (1.99%), Vitamin B2: 0.03mg (1.97%), Copper: 0.03mg (1.73%), Manganese: 0.03mg (1.6%), Phosphorus: 14.44mg (1.44%), Calcium: 14.16mg (1.42%), Vitamin B1: 0.02mg (1.39%), Vitamin B6: 0.03mg (1.36%), Magnesium: 4.17mg (1.04%), Vitamin B5: 0.1mg (1.02%)