



Grandmom's Sand Tarts

 Vegetarian

READY IN



510 min.

SERVINGS



60

CALORIES



212 kcal

DESSERT

Ingredients

- 2 pounds butter
- 0.3 cup cinnamon sugar
- 1 egg white
- 5 eggs
- 8 cups flour all-purpose or as needed
- 1 tablespoon milk
- 0.8 cup pecan halves
- 2 cups sugar white

Equipment

- bowl
- baking sheet
- oven

Directions

- Cream the butter, sugar and eggs together.
- Add just enough flour to stiffen. Dough should be slightly sticky.
- Place dough in the refrigerator and let chill overnight.
- Preheat oven to 350 degrees F (175 degrees C). In a very small bowl combine the egg white and the milk. Set aside.
- Remove small amount of dough from the refrigerator and on a lightly floured surface roll it out very thin.
- Cut out rounds with a biscuit cutter or drinking glass dipped in flour.
- Place cookies on a cookie sheet and paint the top with the egg white mixture.
- Sprinkle with cinnamon sugar, and top with a pecan half. Repeat until all the dough is used up.
- Bake at 350 degrees F (175 degrees C) for 10 minutes and the edges are slightly browned. Watch these cookies closely for they burn very easily.

Nutrition Facts



PROTEIN 4.63% **FAT 57.37%** **CARBS 38%**

Properties

Glycemic Index:5.22, Glycemic Load:14.45, Inflammation Score:-3, Nutrition Score:3.5295652133291%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate:

0.03mg

Nutrients (% of daily need)

Calories: 212.15kcal (10.61%), Fat: 13.7g (21.07%), Saturated Fat: 7.99g (49.96%), Carbohydrates: 20.41g (6.8%), Net Carbohydrates: 19.84g (7.22%), Sugar: 7.62g (8.46%), Cholesterol: 46.18mg (15.39%), Sodium: 103.76mg (4.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.98%), Selenium: 7.12µg (10.18%), Vitamin B1: 0.14mg (9.43%), Manganese: 0.17mg (8.54%), Folate: 32.97µg (8.24%), Vitamin A: 398.74IU (7.97%), Vitamin B2: 0.11mg (6.46%), Vitamin B3: 1.01mg (5.04%), Iron: 0.88mg (4.87%), Phosphorus: 32.64mg (3.26%), Vitamin E: 0.42mg (2.78%), Fiber: 0.57g (2.28%), Copper: 0.04mg (2.11%), Vitamin B5: 0.16mg (1.58%), Zinc: 0.24mg (1.57%), Magnesium: 5.99mg (1.5%), Vitamin K: 1.16µg (1.11%)