



Hawaiian Cookie Tarts

 Vegetarian

READY IN



75 min.

SERVINGS



12

CALORIES



362 kcal

DESSERT

Ingredients

- 1.8 cups flour
- 0.5 cup apple sauce
- 0.3 pound butter
- 1 cup coconut or
- 2 tablespoons cornstarch
- 1 eggs
- 0.5 cup granulated sugar
- 1 cup pineapple preserves

- 2 cups powdered sugar
- 1 teaspoon vanilla extract

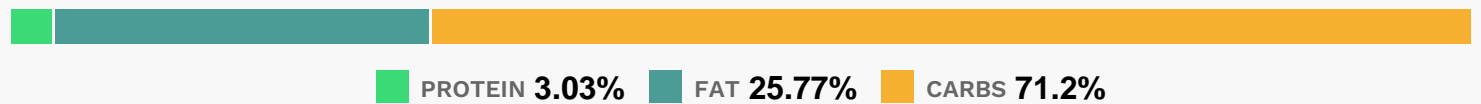
Equipment

- bowl
- oven
- wire rack
- muffin tray

Directions

- Pre heat oven to 350 degrees F. In a large bowl combine flour, powdered sugar, and cornstarch. Using a spoon, mix in apple sauce and vanilla extract until a soft dough forms. Shape dough into 1-inch balls and place in prepared muffin pans. Press dough in bottom and up the side of each muffin cup.
- Bake the dough-lined cup for about 8–10 minutes.
- Remove the muffin pan from the oven and let rest for a few minutes. Spoon 1 teaspoon of preserves into each muffin cup. In a small bowl mix together sugar, egg and coconut with a fork until well blended. Spoon a teaspoon of coconut mixture over preserves in each cup.
- Bake 23 –33 minutes or until cookie crusts are lightly golden brown. Cool in pans on a cooling rack for 30 minutes. Gently remove each cookie tart, sprinkle with confectioners sugar and serve!

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:26.49, Inflammation Score:-3, Nutrition Score:4.5647826086957%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 361.91kcal (18.1%), Fat: 10.48g (16.13%), Saturated Fat: 6.98g (43.65%), Carbohydrates: 65.15g (21.72%), Net Carbohydrates: 63.62g (23.13%), Sugar: 43.1g (47.89%), Cholesterol: 33.96mg (11.32%), Sodium: 77.57mg (3.37%), Protein: 2.77g (5.55%), Selenium: 8.88µg (12.68%), Manganese: 0.24mg (12.09%), Vitamin B1: 0.16mg (10.44%), Folate: 40.52µg (10.13%), Vitamin B2: 0.14mg (8.33%), Iron: 1.26mg (6.99%), Fiber: 1.53g (6.11%), Vitamin B3: 1.14mg (5.7%), Vitamin A: 258.9IU (5.18%), Copper: 0.09mg (4.59%), Phosphorus: 42.83mg (4.28%), Vitamin C: 2.82mg (3.41%), Potassium: 81.01mg (2.31%), Vitamin E: 0.33mg (2.23%), Magnesium: 8.29mg (2.07%), Zinc: 0.28mg (1.87%), Vitamin B5: 0.18mg (1.76%), Calcium: 14.41mg (1.44%), Vitamin B6: 0.03mg (1.33%)