



Homemade Pop Tarts

READY IN



95 min.

SERVINGS



12

CALORIES



284 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 cups flour (all-purpose plus more for the work surface)
- 0.3 cup powdered sugar (sifted)
- 0.5 teaspoon kosher salt
- 5 oz butter (unsalted cold cut into chunks)
- 1 large egg yolk
- 0.3 cup milk (whole)
- 0.8 cup jam (your favorite)
- 2 teaspoons cornstarch (mixed with 1 teaspoon cold water)
- 1 teaspoon water (with 1 teaspoon warm water) beaten

- 1 cup powdered sugar sifted ()
- 2 teaspoons milk whole
- 2 teaspoons plus
- 0.5 teaspoon vanilla extract

Equipment

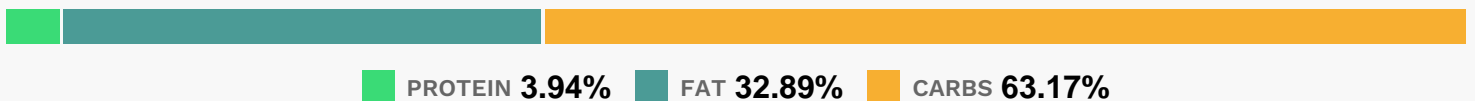
- food processor
- baking sheet
- sauce pan
- baking paper
- oven
- whisk
- wire rack
- plastic wrap
- toaster
- pizza cutter

Directions

- Make the dough
- In a food processor, combine the flour, confectioners' sugar, and salt, and process until blended.
- Add the butter and process again just until the mixture looks like coarse crumbs.
- Add the egg yolk and milk and process until the dough just comes together. Dump the dough onto a double layer of overlapping sheets of plastic wrap. Press the dough into a disk, wrap it with the plastic wrap, and refrigerate for at least 30 minutes and up to overnight.
- Make the filling
- In a small saucepan over medium heat, cook the jam and cornstarch, stirring quite frequently but not constantly, until slightly thickened and bubbly.
- Let cool.
- Assemble the toaster tarts

- Line 2 baking sheets with parchment paper. On a lightly floured work surface, divide the dough in half and form each portion into a rough rectangle.
- Roll one rectangle until it measures about 16 by 9 inches. Using a ruler and a pizza cutter, cut the rectangle into 12 small rectangles, each about 3 by 4 inches. Set the rectangles on a baking sheet and refrigerate while you repeat with the remaining dough.
- Lightly brush half the rectangles with the beaten egg.
- Place a tablespoon dollop of the filling in the center of each egg-brushed rectangle and use the back of the spoon to spread it evenly over the dough, leaving a border of about 1/2 inch. Top each filling-slathered rectangle with a plain rectangle and press the edges together with your fingertips to seal, being careful not to let the filling ooze out the sides. Crimp the edges with the tines of a fork.
- Place 6 tarts on each baking sheet, spacing them evenly, Prick the tarts all over with the fork. Refrigerate while the oven preheats.
- Preheat the oven to 375°F (190°C) and position 2 oven racks in the upper and lower third of the oven.
- Bake the tarts, rotating the pans once halfway through, until golden brown, 15 to 18 minutes.
- Let cool on a wire rack.
- Make the glaze
- Meanwhile, whisk together the confectioners' sugar, milk, corn syrup, and vanilla until smooth. Set aside at room temperature until needed.
- Stir the glaze to recombine.
- Drizzle or smear the glaze on the cooled tarts. If desired, decorate with sprinkles.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:19.8, Inflammation Score:-3, Nutrition Score:4.3217391397642%

Nutrients (% of daily need)

Calories: 283.82kcal (14.19%), Fat: 10.42g (16.03%), Saturated Fat: 6.38g (39.87%), Carbohydrates: 45.03g (15.01%), Net Carbohydrates: 44.23g (16.08%), Sugar: 24.27g (26.97%), Cholesterol: 41.61mg (13.87%), Sodium: 110.33mg (4.8%), Alcohol: 0.06g (100%), Alcohol %: 0.09% (100%), Protein: 2.81g (5.61%), Selenium: 8.64µg (12.34%), Vitamin

B1: 0.18mg (11.69%), Folate: 42.89µg (10.72%), Vitamin B2: 0.14mg (8.45%), Manganese: 0.15mg (7.67%), Vitamin A: 327.95IU (6.56%), Vitamin B3: 1.25mg (6.26%), Iron: 1.12mg (6.23%), Phosphorus: 42.64mg (4.26%), Fiber: 0.8g (3.2%), Copper: 0.06mg (2.78%), Vitamin E: 0.35mg (2.35%), Vitamin C: 1.87mg (2.27%), Vitamin D: 0.34µg (2.25%), Calcium: 21.84mg (2.18%), Vitamin B5: 0.18mg (1.79%), Magnesium: 6.71mg (1.68%), Zinc: 0.24mg (1.62%), Potassium: 54.99mg (1.57%), Vitamin B12: 0.09µg (1.48%), Vitamin B6: 0.02mg (1.17%)