



Hong Kong Style Egg Tarts

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



412 kcal

DESSERT

Ingredients

- 1 cup butter
- 1 cup confectioners' sugar
- 1 eggs beaten
- 9 eggs beaten
- 1 cup evaporated milk
- 3 cups flour all-purpose
- 1 dash vanilla extract
- 1.5 cups water

0.7 cup sugar white

Equipment

bowl

sauce pan

oven

whisk

sieve

Directions

In a medium bowl, mix together the confectioners' sugar and flour.

Mix in butter with a fork until it is in small crumbs. Stir in the egg and vanilla until the mixture forms a dough. The texture should be slightly moist.

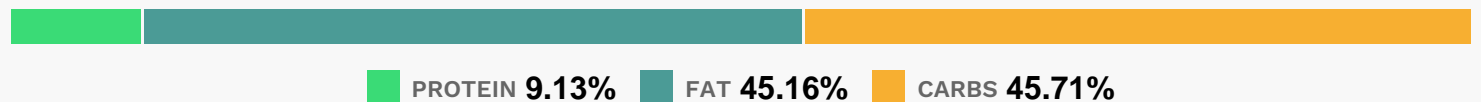
Add more butter if it is too dry, or more flour, if the dough seems greasy. Shape dough into 1 1/2 inch balls, and press the balls into tart molds so that it covers the bottom, and goes up higher than the sides. Use 2 fingers to shape the edge into an A shape.

Preheat the oven to 450 degrees F (230 degrees C).

Combine the white sugar and water in a medium saucepan, and bring to a boil. Cook until the sugar is dissolved, remove from heat and cool to room temperature. Strain the eggs through a sieve, and whisk into the sugar mixture. Stir in the evaporated milk and vanilla. Strain the filling through a sieve, and fill the tart shells.

Bake for 15 to 20 minutes in the preheated oven, until golden brown, and the filling is puffed up a little bit.

Nutrition Facts



Properties

Glycemic Index:16.26, Glycemic Load:25.01, Inflammation Score:-5, Nutrition Score:9.4973913107229%

Nutrients (% of daily need)

Calories: 411.87kcal (20.59%), Fat: 20.76g (31.94%), Saturated Fat: 11.88g (74.27%), Carbohydrates: 47.28g (15.76%), Net Carbohydrates: 46.43g (16.89%), Sugar: 23.21g (25.79%), Cholesterol: 183.16mg (61.05%), Sodium: 198.38mg (8.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.44g (18.88%), Selenium: 22.65µg (32.36%), Vitamin B2: 0.4mg (23.46%), Folate: 76.67µg (19.17%), Vitamin B1: 0.27mg (18.05%), Phosphorus: 153.52mg (15.35%), Vitamin A: 720.92IU (14.42%), Iron: 2.15mg (11.93%), Manganese: 0.23mg (11.28%), Vitamin B3: 1.92mg (9.61%), Calcium: 85.67mg (8.57%), Vitamin B5: 0.85mg (8.54%), Vitamin B12: 0.39µg (6.53%), Vitamin E: 0.88mg (5.84%), Zinc: 0.88mg (5.84%), Vitamin D: 0.75µg (5.03%), Potassium: 152.64mg (4.36%), Vitamin B6: 0.09mg (4.36%), Magnesium: 16.99mg (4.25%), Copper: 0.08mg (4.05%), Fiber: 0.84g (3.38%), Vitamin K: 1.65µg (1.58%)