



Kentucky Chocolate Nut Tartlets

 Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 teaspoon double-acting baking powder
- 1 tablespoon bourbon
- 3.5 tablespoons light-colored corn syrup
- 1 tablespoon egg substitute
- 1 teaspoon flour all-purpose
- 4.5 ounces flour all-purpose
- 4 tablespoons ice water
- 3 tablespoons pecans toasted chopped

- 0.5 teaspoon salt
- 1 Dash salt
- 3 tablespoons semi chocolate chips
- 1.5 tablespoons sugar
- 2.5 tablespoons sugar
- 0.5 teaspoon vanilla extract
- 2 tablespoons vegetable shortening

Equipment

- food processor
- bowl
- frying pan
- oven
- knife
- whisk
- plastic wrap
- muffin liners
- measuring cup

Directions

- To prepare the pastry, lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour, 1 1/2 tablespoons sugar, 1/2 teaspoon salt, and the baking powder in a food processor; pulse 3 times.
- Add the shortening; pulse 4 or 5 times or just until combined.
- Place flour mixture in a bowl. Gradually sprinkle ice water over the flour mixture; toss until moistened. Turn dough out onto a lightly floured surface, and gently knead 3 to 4 times. Press mixture into a 4-inch disk.
- Place between 2 sheets of plastic wrap; chill 30 minutes.
- Preheat oven to 37

- Roll the dough into an 11-inch circle; remove plastic.
- Cut dough into 18 circles using a 2 1/2-inch cutter. (Reroll any of the remaining pieces of dough.) Fit dough into miniature nonstick muffin cups coated with cooking spray. Gently press dough into bottom and sides of cups.
- To prepare filling, divide chocolate and pecans evenly among muffin cups.
- Combine 2 1/2 tablespoons sugar and next 6 ingredients (through dash of salt) in a small bowl; stir well with a whisk. Divide sugar mixture evenly among cups.
- Bake at 375 for 15 minutes or until pastry is lightly browned and the filling is set. Run a knife around each tartlet; remove from pan. Lightly brush tartlets with 2 teaspoons bourbon, if desired. Cool completely.

Nutrition Facts



Properties

Glycemic Index:23.68, Glycemic Load:6.47, Inflammation Score:-1, Nutrition Score:1.9360869558447%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 89.83kcal (4.49%), Fat: 3.67g (5.64%), Saturated Fat: 1.02g (6.38%), Carbohydrates: 13.02g (4.34%), Net Carbohydrates: 12.46g (4.53%), Sugar: 6.98g (7.76%), Cholesterol: 0.15mg (0.05%), Sodium: 74.78mg (3.25%), Alcohol: 0.32g (100%), Alcohol %: 1.6% (100%), Protein: 1.14g (2.28%), Manganese: 0.16mg (7.9%), Vitamin B1: 0.07mg (4.82%), Selenium: 3.13µg (4.47%), Folate: 13.68µg (3.42%), Copper: 0.06mg (3.14%), Iron: 0.56mg (3.1%), Vitamin B2: 0.04mg (2.53%), Vitamin B3: 0.47mg (2.34%), Fiber: 0.55g (2.22%), Magnesium: 8.23mg (2.06%), Phosphorus: 20.18mg (2.02%), Zinc: 0.22mg (1.47%)