



Maids of Honor Tarts I

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



94 kcal

DESSERT

Ingredients

- 0.3 teaspoon almond extract
- 0.3 teaspoon double-acting baking powder
- 0.3 cup butter softened
- 1 eggs
- 0.5 cup flour all-purpose
- 0.3 cup raspberry jam
- 0.3 cup granulated sugar white

Equipment

- oven
- mixing bowl

Directions

- Move oven rack to bottom position and preheat oven to 375 degrees F (190 degrees C). Lightly grease 12 2-inch tart tins.
- Roll out pastry and cut 12 3-inch circles. Fit one pastry circle into each tart tin.
- Spread one teaspoon of raspberry jam into the bottom of each tart shell.
- In a medium mixing bowl, cream together softened butter or margarine and white sugar until light and fluffy.
- Mix in egg.
- Add flour, baking powder, and almond extract and mix until all ingredients are thoroughly combined.
- Pour 1 tablespoon of batter into each tart shell.
- Bake in preheated oven for 20 minutes, until risen and firm. Dust tarts with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:28.51, Glycemic Load:8.45, Inflammation Score:-1, Nutrition Score:1.4121739255345%

Nutrients (% of daily need)

Calories: 94.13kcal (4.71%), Fat: 4.25g (6.54%), Saturated Fat: 2.55g (15.96%), Carbohydrates: 13.07g (4.36%), Net Carbohydrates: 12.85g (4.67%), Sugar: 7.63g (8.48%), Cholesterol: 23.81mg (7.94%), Sodium: 46.87mg (2.04%), Alcohol: 0.03g (100%), Alcohol %: 0.15% (100%), Protein: 1.07g (2.13%), Selenium: 3.11µg (4.44%), Folate: 12.18µg (3.04%), Vitamin B2: 0.05mg (2.96%), Vitamin B1: 0.04mg (2.92%), Vitamin A: 137.98IU (2.76%), Manganese: 0.04mg (1.99%), Iron: 0.35mg (1.96%), Phosphorus: 17.2mg (1.72%), Vitamin B3: 0.32mg (1.58%), Vitamin E: 0.16mg (1.07%), Calcium: 10.33mg (1.03%)