

Mini Peach Tarts

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



71 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon nutmeg
- ☐ 2 large peaches
- ☐ 0.3 cup pecans finely chopped
- ☐ 4 sheets dough frozen thawed
- ☐ 2 tablespoons sugar
- ☐ 4 tablespoons butter unsalted melted

Equipment

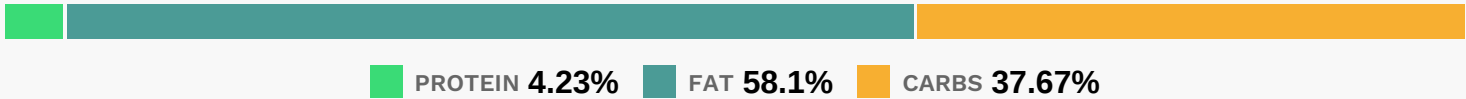
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ cutting board

Directions

- ☐ Place a rack in center of oven and preheat to 375F. Line a large baking sheet with parchment.
- ☐ Cut peaches in half and remove pits.
- ☐ Place a peach half cut side down on cutting board. Holding it together with one hand, cut 6 to 8 even slices through the stem end, then push gently to fan out.
- ☐ Combine sugar, nutmeg and pecans in a bowl.
- ☐ Place one phyllo sheet on counter with narrow side facing you.
- ☐ Brush bottom half lightly with melted butter and sprinkle with sugar-pecan mixture. Fold top half over bottom half, pressing lightly. Repeat, folding top half over bottom half. Repeat again, this time brushing and sprinkling left half and folding right half over. Repeat once more. You should now have a 3-by-4-inch rectangle.
- ☐ Place on baking sheet. Repeat with remaining 3 phyllo sheets.
- ☐ Place a fanned peach half in center of each phyllo rectangle, brush with remaining butter and sprinkle with remaining sugar mixture.
- ☐ Bake until phyllo is golden brown and crisp and peach has softened, 20 to 25 minutes, rotating pan halfway through.
- ☐ Place on a wire rack to cool.

Nutrition Facts



Properties

Glycemic Index:15.22, Glycemic Load:2.92, Inflammation Score:-2, Nutrition Score:1.6586956453064%

Flavonoids

Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 70.61kcal (3.53%), Fat: 4.72g (7.26%), Saturated Fat: 2.12g (13.23%), Carbohydrates: 6.89g (2.3%), Net Carbohydrates: 6.26g (2.28%), Sugar: 3.65g (4.05%), Cholesterol: 8.03mg (2.68%), Sodium: 27.94mg (1.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.54%), Manganese: 0.12mg (6.06%), Vitamin A: 170.41IU (3.41%), Vitamin B1: 0.05mg (3.02%), Selenium: 1.79µg (2.55%), Fiber: 0.63g (2.51%), Copper: 0.05mg (2.31%), Vitamin B3: 0.42mg (2.09%), Vitamin E: 0.29mg (1.91%), Vitamin B2: 0.03mg (1.67%), Iron: 0.29mg (1.61%), Folate: 6.4µg (1.6%), Phosphorus: 14.93mg (1.49%), Magnesium: 4.96mg (1.24%), Vitamin C: 0.98mg (1.19%), Potassium: 40.71mg (1.16%), Zinc: 0.17mg (1.1%), Vitamin K: 1.15µg (1.1%)