



Mini Pecan Pies

READY IN



15 min.

SERVINGS



100

CALORIES



54 kcal

DESSERT

Ingredients

- 2 tablespoons butter melted
- 100 servings currants
- 0.8 cup corn syrup dark
- 3 large eggs lightly beaten
- 3 cups pecans chopped
- 0.1 teaspoon salt
- 0.8 cup sugar
- 8 oz phyllo tart shells frozen
- 1 teaspoon vanilla extract

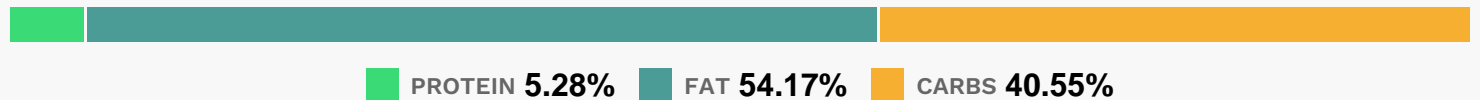
Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 350
- Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until toasted and fragrant.
- Stir together sugar and corn syrup in a medium bowl. Stir in pecans, eggs, and next 3 ingredients.
- Spoon about 1/4 cup pecan mixture into each tart shell.
- Place tart shells on a large baking sheet.
- Bake at 350 for 25 to 30 minutes or until set.
- Remove to wire racks, and let cool completely (about 30 minutes).
- Garnish with currants, if desired. Store in an airtight container for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:2.45, Glycemic Load:3.03, Inflammation Score:-1, Nutrition Score:1.1000000008422%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 53.65kcal (2.68%), Fat: 3.38g (5.2%), Saturated Fat: 0.66g (4.15%), Carbohydrates: 5.69g (1.9%), Net Carbohydrates: 5.23g (1.9%), Sugar: 4.35g (4.84%), Cholesterol: 6.73mg (2.24%), Sodium: 17.74mg (0.77%), Alcohol: 0.01g (100%), Alcohol %: 0.14% (100%), Protein: 0.74g (1.48%), Manganese: 0.16mg (7.75%), Copper: 0.04mg (2.24%), Iron: 0.35mg (1.95%), Fiber: 0.47g (1.86%), Vitamin B1: 0.02mg (1.61%), Phosphorus: 13.37mg (1.34%), Magnesium: 4.71mg (1.18%), Zinc: 0.17mg (1.15%)