



Mixed-Nut Tartlets

READY IN



20 min.

SERVINGS



20

CALORIES



193 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup brown sugar dark packed
- ☐ 0.3 cup heavy cream
- ☐ 45 phyllo shells mini thawed
- ☐ 8 ounces lightly roasted nuts mixed salted such as pecans, hazelnuts, almonds and pistachios, coarsely chopped
- ☐ 0.5 cup sugar
- ☐ 10 tablespoon butter unsalted
- ☐ 1 teaspoon vanilla extract

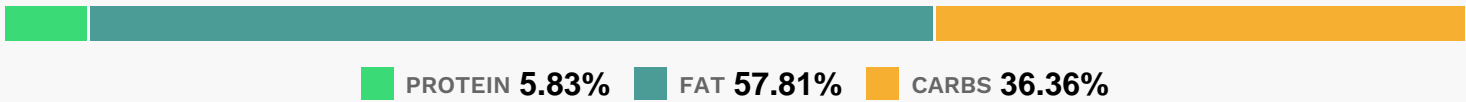
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 350F; line a large baking sheet with parchment.
- ☐ Place phyllo shells in a single layer on lined baking sheet.
- ☐ Combine butter, both sugars and heavy cream in a large saucepan. Stir over high heat until blended and beginning to boil. Reduce heat to medium and boil gently, stirring often, for 2 minutes.
- ☐ Remove from heat and carefully stir in nuts and vanilla. Work carefully; mixture is extremely hot and will bubble up.
- ☐ Let cool slightly.
- ☐ Divide filling among tart shells, using about 1 heaping tsp. in each (do not overfill).
- ☐ Bake until shells have crisped and are light golden, 10 to 15 minutes.
- ☐ Let cool before serving.

Nutrition Facts



Properties

Glycemic Index:3.5, Glycemic Load:3.49, Inflammation Score:-2, Nutrition Score:2.9691304715107%

Nutrients (% of daily need)

Calories: 193.45kcal (9.67%), Fat: 13.12g (20.19%), Saturated Fat: 5.32g (33.24%), Carbohydrates: 18.57g (6.19%), Net Carbohydrates: 18.23g (6.63%), Sugar: 11.01g (12.23%), Cholesterol: 18.41mg (6.14%), Sodium: 21.38mg (0.93%), Alcohol: 0.07g (100%), Alcohol %: 0.22% (100%), Protein: 2.98g (5.96%), Copper: 0.26mg (12.81%), Magnesium: 30.35mg (7.59%), Phosphorus: 59.2mg (5.92%), Manganese: 0.1mg (4.91%), Vitamin A: 218.66IU (4.37%), Zinc: 0.65mg (4.34%), Vitamin K: 4.52µg (4.3%), Iron: 0.73mg (4.04%), Selenium: 1.58µg (2.26%), Potassium: 76.29mg (2.18%), Folate: 8.21µg (2.05%), Vitamin E: 0.29mg (1.96%), Vitamin B2: 0.03mg (1.87%), Vitamin B6: 0.03mg (1.63%), Vitamin B5: 0.16mg (1.61%), Vitamin B1: 0.02mg (1.58%), Fiber: 0.34g (1.36%), Calcium: 13.38mg (1.34%), Vitamin D: 0.15µg (1.02%)