



Muscadine Pudding Tarts

READY IN



45 min.

SERVINGS



8

CALORIES



564 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 2 cups scuppernong juice
- ☐ 1 slices garnish: muscadine thin
- ☐ 15 ounce piecrusts refrigerated
- ☐ 0.5 cup self-rising flour
- ☐ 1.5 cups sugar
- ☐ 8 servings whipped cream sweetened
- ☐ 2 teaspoons vanilla extract

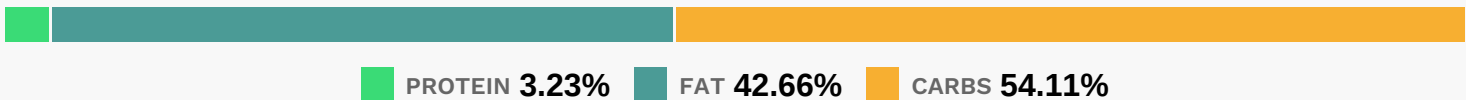
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ tart form

Directions

- ☐ Unfold 1 piecrust, and roll into a 16-inch circle on a lightly floured surface; cut into 4 (5 1/2-inch) circles. Fit each circle into a 4 1/2-inch round tart pan with removable bottom, and place pans on a baking sheet. Prick bottom and sides of pastry with a fork. Repeat procedure with remaining piecrust.
- ☐ Bake at 450 for 8 minutes or until lightly browned.
- ☐ Remove tart shells to wire racks to cool.
- ☐ Cook sugar, flour, and Scuppernong Juice in a medium saucepan over medium heat, whisking constantly, until mixture coats back of a spoon (about 5 minutes).
- ☐ Remove from heat; stir in butter and vanilla. Spoon about 1/3 cup mixture into each tart shell; cover and chill. Dollop with sweetened whipped cream.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:36.48, Glycemic Load:33.07, Inflammation Score:-5, Nutrition Score:5.5069564878941%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 564.4kcal (28.22%), Fat: 26.94g (41.45%), Saturated Fat: 7.57g (47.31%), Carbohydrates: 76.89g (25.63%), Net Carbohydrates: 75.24g (27.36%), Sugar: 44.02g (48.91%), Cholesterol: 4.56mg (1.52%), Sodium: 354.78mg (15.43%), Alcohol: 0.34g (100%), Alcohol %: 0.24% (100%), Protein: 4.59g (9.19%), Manganese: 0.35mg (17.45%), Vitamin B1: 0.17mg (11.28%), Vitamin A: 549.98IU (11%), Folate: 40.11µg (10.03%), Selenium: 6.5µg (9.29%), Iron: 1.55mg (8.61%), Vitamin B3: 1.57mg (7.85%), Vitamin B2: 0.12mg (7.22%), Fiber: 1.65g (6.58%), Phosphorus: 58.88mg (5.89%), Vitamin E: 0.76mg (5.07%), Potassium: 139.26mg (3.98%), Vitamin K: 4.02µg (3.83%), Magnesium: 14.25mg (3.56%), Copper: 0.07mg (3.28%), Vitamin B5: 0.31mg (3.1%), Calcium: 27.08mg (2.71%), Zinc: 0.35mg (2.3%), Vitamin B6: 0.04mg (2.23%)