



Nut Cookie Tartlets

 Vegetarian

READY IN



45 min.

SERVINGS



40

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup brown sugar packed
- 1 cup butter
- 6 ounce cream cheese
- 1 eggs
- 2 cups flour all-purpose
- 1.5 teaspoons vanilla extract
- 1 cup walnuts chopped
- 6 tablespoons sugar white

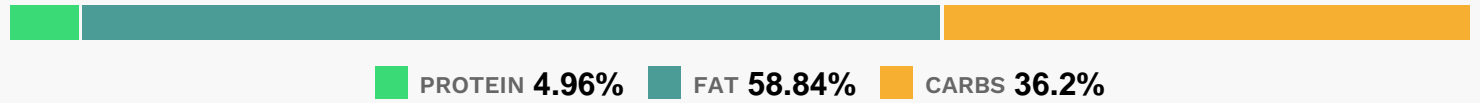
Equipment

- frying pan
- oven

Directions

- To make Pastry: Cream together butter and cream cheese.
- Add the 6 tablespoons white sugar, 2 cups flour and blend well.
- Shape into balls about 1 inch in diameter (flour palms of hands to facilitate rolling).
- Place ball in greased tartlet pan and flatten. Should fill pan by 3/
- Mix together vanilla, egg, brown sugar, and chopped nuts.
- Bake in a 350 degrees F (175 degrees C) oven for 17 to 20 minutes. Cool completely before removing from pan.

Nutrition Facts



Properties

Glycemic Index:6.05, Glycemic Load:4.81, Inflammation Score:-2, Nutrition Score:2.0978261123857%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg

Nutrients (% of daily need)

Calories: 122.06kcal (6.1%), Fat: 8.14g (12.53%), Saturated Fat: 4g (25%), Carbohydrates: 11.27g (3.76%), Net Carbohydrates: 10.91g (3.97%), Sugar: 6.08g (6.75%), Cholesterol: 20.59mg (6.86%), Sodium: 52.77mg (2.29%), Alcohol: 0.05g (100%), Alcohol %: 0.25% (100%), Protein: 1.54g (3.09%), Manganese: 0.15mg (7.32%), Selenium: 3.08µg (4.4%), Vitamin A: 205.45IU (4.11%), Vitamin B1: 0.06mg (4.05%), Folate: 15.42µg (3.85%), Vitamin B2: 0.05mg (3.09%), Copper: 0.06mg (2.96%), Phosphorus: 25.13mg (2.51%), Iron: 0.43mg (2.39%), Vitamin B3: 0.41mg (2.07%), Magnesium: 7.01mg (1.75%), Fiber: 0.36g (1.46%), Vitamin E: 0.2mg (1.36%), Calcium: 13.37mg (1.34%), Vitamin B6: 0.02mg (1.23%), Zinc: 0.18mg (1.18%)