



Orange-Pecan Tassies

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons butter melted
- 0.8 cup plus light
- 3 large eggs
- 3 tablespoons orange juice fresh
- 2 tablespoons orange rind grated
- 1 cup pecans finely chopped
- 1 Cups pastry
- 0.8 cup sugar

1 teaspoon vanilla extract

Equipment

oven

whisk

wire rack

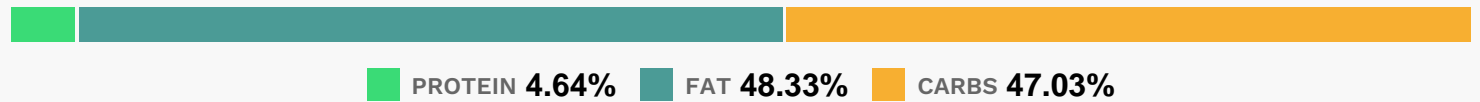
Directions

Whisk first 5 ingredients just until blended. Stir in melted butter, vanilla, and pecans. Spoon filling evenly into Pastry Cups, filling three-fourths full.

Bake at 325 for 25 minutes or until set. Cool 3 minutes in pans.

Remove from pans, and cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:5.36, Glycemic Load:4.23, Inflammation Score:-1, Nutrition Score:1.4065217388713%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 81.66kcal (4.08%), Fat: 4.54g (6.99%), Saturated Fat: 1.16g (7.27%), Carbohydrates: 9.95g (3.32%), Net Carbohydrates: 9.63g (3.5%), Sugar: 7.45g (8.28%), Cholesterol: 13.51mg (4.5%), Sodium: 25.7mg (1.12%), Alcohol: 0.03g (100%), Alcohol %: 0.17% (100%), Protein: 0.98g (1.96%), Manganese: 0.13mg (6.38%), Selenium: 2.31µg (3.3%), Vitamin B1: 0.04mg (2.69%), Vitamin B2: 0.03mg (1.92%), Copper: 0.04mg (1.8%), Phosphorus: 15.88mg (1.59%), Folate: 6.23µg (1.56%), Iron: 0.24mg (1.36%), Zinc: 0.2mg (1.3%), Fiber: 0.32g (1.28%), Vitamin B3: 0.24mg (1.21%), Vitamin C: 0.9mg (1.09%), Magnesium: 4.16mg (1.04%)