



Orange-Walnut Tassies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 2 tablespoons butter softened
- ☐ 0.3 cup plus
- ☐ 1 large eggs
- ☐ 2 tablespoons skim milk fat-free
- ☐ 4.5 ounces flour all-purpose
- ☐ 1 tablespoon granulated sugar
- ☐ 2 tablespoons orange juice fresh

- ☐ 0.5 teaspoon orange zest grated
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup walnut pieces toasted chopped

Equipment

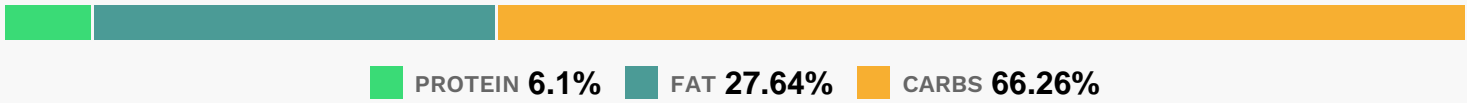
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare crust, lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, granulated sugar, and 1/8 teaspoon salt, stirring with a whisk.
- ☐ Combine cheese, butter, and milk in a large bowl; beat with a mixer at medium speed until well-blended.
- ☐ Add flour mixture; beat at low speed just until blended (mixture will be crumbly).
- ☐ Turn dough out onto a lightly floured surface; knead lightly 3 or 4 times. Divide dough into 24 portions.
- ☐ Place 1 dough portion into each of 24 miniature muffin cups coated with cooking spray. Press dough into bottom and up sides of cups, using lightly floured fingers.
- ☐ To prepare filling, spoon about 1/2 teaspoon walnuts into each muffin cup.
- ☐ Combine brown sugar and remaining ingredients, stirring well with a whisk; spoon about 2 teaspoons filling over walnuts in each muffin cup.

Bake at 350 for 20 minutes or until crust is lightly browned and filling is puffy. Cool in pans 10 minutes on a wire rack. Run a knife around outside edge of each tassie; remove from pan.Cool completely on wire racks.

Nutrition Facts



Properties

Glycemic Index:13.31, Glycemic Load:3.92, Inflammation Score:-1, Nutrition Score:1.5204347961623%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 71.82kcal (3.59%), Fat: 2.27g (3.49%), Saturated Fat: 0.77g (4.84%), Carbohydrates: 12.24g (4.08%), Net Carbohydrates: 11.98g (4.35%), Sugar: 7.92g (8.8%), Cholesterol: 10.3mg (3.43%), Sodium: 26.73mg (1.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.25%), Manganese: 0.1mg (4.78%), Selenium: 2.64µg (3.78%), Vitamin B1: 0.05mg (3.49%), Folate: 12.84µg (3.21%), Vitamin B2: 0.04mg (2.4%), Iron: 0.37mg (2.04%), Copper: 0.04mg (1.89%), Phosphorus: 17.54mg (1.75%), Vitamin B3: 0.35mg (1.73%), Magnesium: 4.77mg (1.19%), Fiber: 0.26g (1.04%)