



Pastry Cups

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.7 cup butter softened
- 6 ounce cream cheese softened
- 2 cups flour all-purpose

Equipment

- oven
- hand mixer
- wax paper

Directions

- Beat cream cheese and butter at medium speed with an electric mixer until creamy. Gradually add flour, beating at low speed just until blended. Wrap dough in wax paper, and chill at least 2 hours.
- Divide dough in half. Divide each half of dough into 24 balls. Flatten each ball with palm of your hand, and place in lightly greased miniature (1 3/4") muffin pans, shaping each into a shell. Cover and chill until ready to fill and bake.

Nutrition Facts

 PROTEIN **5.77%**  FAT **63.48%**  CARBS **30.75%**

Properties

Glycemic Index:3.17, Glycemic Load:2.93, Inflammation Score:-1, Nutrition Score:1.0030434675839%

Nutrients (% of daily need)

Calories: 53.97kcal (2.7%), Fat: 3.83g (5.89%), Saturated Fat: 2.34g (14.65%), Carbohydrates: 4.17g (1.39%), Net Carbohydrates: 4.03g (1.47%), Sugar: 0.15g (0.17%), Cholesterol: 10.36mg (3.45%), Sodium: 31.5mg (1.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.57%), Selenium: 2.1µg (3%), Vitamin B1: 0.04mg (2.79%), Vitamin A: 126.38IU (2.53%), Folate: 9.94µg (2.49%), Vitamin B2: 0.04mg (2.06%), Manganese: 0.04mg (1.8%), Vitamin B3: 0.31mg (1.56%), Iron: 0.25mg (1.37%), Phosphorus: 10.17mg (1.02%)