



Pecan Cranberry Butter Tarts

READY IN



40 min.

SERVINGS



15

CALORIES



147 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon brandy to taste
- ☐ 1 cup brown sugar
- ☐ 0.3 cup butter melted
- ☐ 15 cranberries fresh
- ☐ 0.5 cup cranberries dried chopped
- ☐ 1 eggs beaten
- ☐ 0.5 orange zest juiced
- ☐ 15 pecan halves
- ☐ 0.5 cup pecans chopped

☐ 2 inch pastry tart shells sweetened

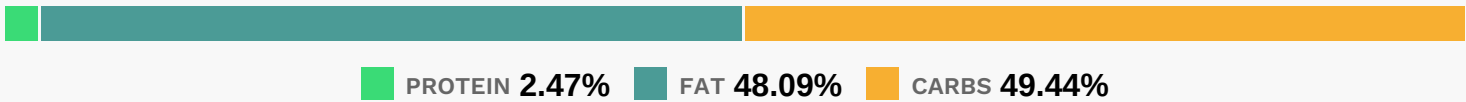
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix brown sugar, chopped pecans, dried cranberries, butter, orange zest, orange juice, egg, and brandy together in a bowl.
- ☐ Arrange tart shells on a baking sheet and spoon pecan–cranberry filling into each shell about 2/3 full.
- ☐ Add 1 pecan half and 1 fresh cranberry to each tart.
- ☐ Bake in the preheated oven until tart shells are lightly browned and filling is bubbling, 18 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:8.67, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:2.0847826263179%

Flavonoids

Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 146.55kcal (7.33%), Fat: 8.14g (12.52%), Saturated Fat: 3.04g (19%), Carbohydrates: 18.82g (6.27%), Net Carbohydrates: 18.03g (6.56%), Sugar: 17.43g (19.37%), Cholesterol: 21.84mg (7.28%), Sodium: 41.91mg (1.82%), Alcohol: 0.11g (100%), Alcohol %: 0.42% (100%), Protein: 0.94g (1.88%), Manganese: 0.25mg (12.55%), Copper: 0.07mg (3.65%), Fiber: 0.79g (3.17%), Vitamin A: 147IU (2.94%), Vitamin B1: 0.04mg (2.39%), Phosphorus: 22.08mg (2.21%), Vitamin E: 0.32mg (2.12%), Magnesium: 8.17mg (2.04%), Calcium: 19.64mg (1.96%), Selenium: 1.35µg (1.92%), Iron: 0.34mg (1.87%), Zinc: 0.28mg (1.87%), Potassium: 49.04mg (1.4%), Vitamin B2: 0.02mg (1.37%), Vitamin B5: 0.13mg (1.27%), Vitamin B6: 0.02mg (1.23%)