

Pecan Cups

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup brown sugar packed
- ☐ 1 tablespoon butter
- ☐ 3 ounces cream cheese
- ☐ 1 eggs beaten
- ☐ 1 cup flour all-purpose
- ☐ 0.7 cup pecans chopped
- ☐ 1 teaspoon vanilla extract

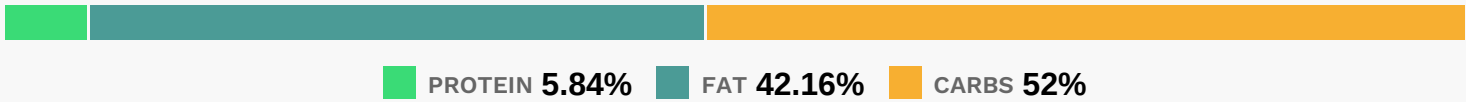
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ To Make Crust: In a medium mixing bowl blend softened cream cheese and 1/2 cup butter or margarine until thoroughly combined.
- ☐ Add flour and mix well.
- ☐ Place in refrigerator to chill.
- ☐ In a medium mixing bowl combine brown sugar and 1 tablespoon butter or margarine.
- ☐ Add egg and vanilla, and blend well. Stir in pecans.
- ☐ Pat crust into the bottoms of paper muffin cups.
- ☐ Pour in filling, distributing evenly between all cups.
- ☐ Bake in preheated oven for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:3.92, Inflammation Score:-1, Nutrition Score:2.5152174035168%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

Nutrients (% of daily need)

Calories: 114.26kcal (5.71%), Fat: 5.46g (8.41%), Saturated Fat: 1.69g (10.57%), Carbohydrates: 15.16g (5.05%), Net Carbohydrates: 14.58g (5.3%), Sugar: 9.29g (10.32%), Cholesterol: 15.54mg (5.18%), Sodium: 26.03mg (1.13%),

Alcohol: 0.08g (100%), Alcohol %: 0.34% (100%), Protein: 1.7g (3.41%), Manganese: 0.24mg (11.83%), Vitamin B1: 0.08mg (5.55%), Selenium: 3.78µg (5.4%), Folate: 15.29µg (3.82%), Vitamin B2: 0.06mg (3.65%), Copper: 0.07mg (3.28%), Iron: 0.54mg (2.99%), Phosphorus: 29.14mg (2.91%), Vitamin B3: 0.47mg (2.37%), Fiber: 0.58g (2.3%), Magnesium: 8mg (2%), Vitamin A: 98.35IU (1.97%), Zinc: 0.29mg (1.94%), Calcium: 17.64mg (1.76%), Vitamin B5: 0.14mg (1.43%), Potassium: 46.3mg (1.32%), Vitamin B6: 0.02mg (1.11%)