



Pecan Pie Tarts

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



154 kcal

DESSERT

Ingredients

- ☐ 1.5 cups brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 6 ounces cream cheese
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1.8 cups pecans chopped
- ☐ 2 teaspoons vanilla extract

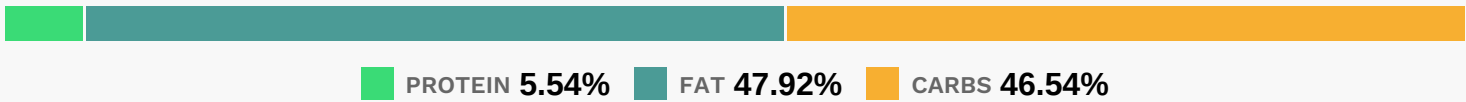
Equipment

- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ muffin liners

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Grease 30 tart tins or muffin cups and set aside.
- ☐ To Make Crust: In a medium mixing bowl cream together cream cheese and 1 cup butter until light and fluffy. Blend in flour, 1/2 cup at a time, forming a smooth dough.
- ☐ Roll into 30 equal balls and press one into each greased tin so it lines the bottom and sides, like a pie crust.
- ☐ To Make Filling: In a medium mixing bowl cream together 1/4 cup butter and sugar until light and fluffy. Beat in eggs and vanilla until thoroughly blended. Stir in pecans. Fill each lined tin half full.
- ☐ Mixture will rise as it bakes.
- ☐ Bake in preheated oven for 25 minutes, or until lightly browned.
- ☐ Let cool in tins, then use the end of a table knife to flip each tart out of its tin.

Nutrition Facts



Properties

Glycemic Index:5.4, Glycemic Load:4.71, Inflammation Score:-2, Nutrition Score:3.4147826063892%

Flavonoids

Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg

Nutrients (% of daily need)

Calories: 154.44kcal (7.72%), Fat: 8.42g (12.96%), Saturated Fat: 2.62g (16.35%), Carbohydrates: 18.4g (6.13%), Net Carbohydrates: 17.57g (6.39%), Sugar: 11.2g (12.45%), Cholesterol: 20.71mg (6.9%), Sodium: 37.4mg (1.63%), Alcohol: 0.09g (100%), Alcohol %: 0.32% (100%), Protein: 2.19g (4.38%), Manganese: 0.35mg (17.6%), Vitamin B1: 0.11mg (7.33%), Selenium: 4.61µg (6.58%), Copper: 0.1mg (4.84%), Folate: 18.7µg (4.68%), Vitamin B2: 0.08mg (4.52%), Phosphorus: 39.4mg (3.94%), Iron: 0.68mg (3.8%), Fiber: 0.84g (3.34%), Vitamin B3: 0.59mg (2.94%), Magnesium: 11.45mg (2.86%), Vitamin A: 142.82IU (2.86%), Zinc: 0.42mg (2.79%), Calcium: 22.46mg (2.25%), Vitamin B5: 0.19mg (1.85%), Potassium: 62mg (1.77%), Vitamin B6: 0.03mg (1.49%), Vitamin E: 0.22mg (1.45%)