



Pecan-Raisin Tarts

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



668 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 2 large eggs lightly beaten
- 1 cup golden raisins
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground nutmeg
- 1 cup pecans toasted chopped
- 1 cup sugar
- 30 ounce phyllo tart shells

- 10 servings garnishes: whipped cream
- 1 tablespoon vinegar white

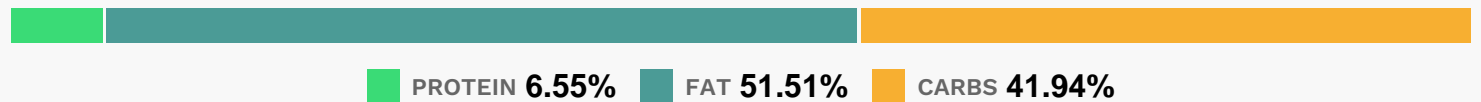
Equipment

- bowl
- baking sheet
- oven

Directions

- Stir together first 6 ingredients in a large bowl. Stir in raisins and toasted pecans.
- Spoon filling evenly into tart shells.
- Place shells on a large baking sheet.
- Bake tarts at 325 for 35 to 40 minutes or until golden.
- Garnish, if desired.
- Note: For testing purposes only, we used Dutch Ann frozen tart shells.

Nutrition Facts



Properties

Glycemic Index:33.18, Glycemic Load:20.63, Inflammation Score:-2, Nutrition Score:7.8878261032312%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 667.6kcal (33.38%), Fat: 38.56g (59.32%), Saturated Fat: 12.63g (78.94%), Carbohydrates: 70.66g (23.55%), Net Carbohydrates: 64.49g (23.45%), Sugar: 33.66g (37.4%), Cholesterol: 57.61mg (19.2%), Sodium: 313.27mg (13.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.03g (22.05%), Iron: 8.75mg (48.63%), Manganese: 0.62mg (30.9%), Fiber: 6.16g (24.66%), Copper: 0.21mg (10.7%), Phosphorus: 72.57mg (7.26%), Magnesium: 23.55mg (5.89%), Vitamin B1: 0.09mg (5.66%), Vitamin B2: 0.09mg (5.57%), Selenium: 3.75µg (5.36%), Vitamin A: 265.54IU (5.31%), Potassium: 177.26mg (5.06%), Zinc: 0.72mg (4.79%), Vitamin B6: 0.09mg (4.54%), Vitamin E: 0.45mg (3.02%), Calcium: 27.78mg (2.78%), Vitamin B5: 0.27mg (2.73%), Folate: 9.19µg (2.3%), Vitamin B3: 0.33mg (1.65%), Vitamin B12: 0.09µg (1.58%), Vitamin D: 0.2µg (1.33%)