



Pecan Tarts

 Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

12

CALORIES

calories

444 kcal

DESSERT

Ingredients

- ☐ 1 cup firmly brown sugar dark packed
- ☐ 2 tablespoons butter melted
- ☐ 0.8 cup plus light
- ☐ 6 ounce cream cheese softened
- ☐ 3 large eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 1 cup pecans chopped
- ☐ 0.5 teaspoon salt

- ☐ 1 pinch salt
- ☐ 0.7 cup butter unsalted softened
- ☐ 1 teaspoon vanilla extract

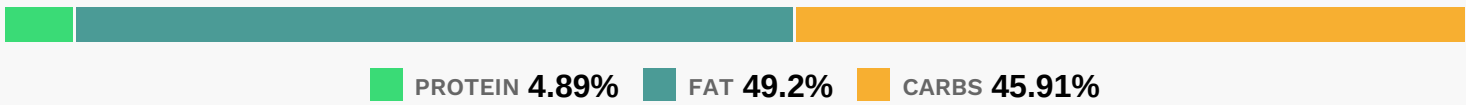
Equipment

- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer
- ☐ muffin liners

Directions

- ☐ Beat cream cheese and 2/3 cup butter at medium speed with an electric mixer until blended.
- ☐ Add flour and salt; beat until combined. Divide dough in half. Flatten each half into a round disk about 1 inch thick. Wrap in heavy-duty plastic wrap; chill 1 hour.
- ☐ Shape dough into 2-inch balls. Flatten balls, and place in 3-inch muffin cups, forming each into a shell. (Dough should form a lip above muffin cups.)
- ☐ Sprinkle pecans evenly in pastry cups.
- ☐ Whisk together eggs and next 5 ingredients until blended. Carefully pour egg mixture evenly over pecans. (Pastries will be full.)
- ☐ Bake at 350 for 30 to 35 minutes or until set.

Nutrition Facts



Properties

Glycemic Index:15.08, Glycemic Load:14.86, Inflammation Score:-5, Nutrition Score:7.8043476599066%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg

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Nutrients (% of daily need)

Calories: 444.18kcal (22.21%), Fat: 24.97g (38.42%), Saturated Fat: 11.53g (72.04%), Carbohydrates: 52.44g (17.48%), Net Carbohydrates: 51g (18.55%), Sugar: 35.2g (39.11%), Cholesterol: 92.95mg (30.98%), Sodium: 197.57mg (8.59%), Alcohol: 0.11g (100%), Alcohol %: 0.13% (100%), Protein: 5.58g (11.16%), Manganese: 0.57mg (28.46%), Selenium: 12.98µg (18.55%), Vitamin B1: 0.25mg (16.34%), Vitamin A: 636.42IU (12.73%), Vitamin B2: 0.21mg (12.34%), Folate: 47.91µg (11.98%), Phosphorus: 91.92mg (9.19%), Iron: 1.57mg (8.7%), Copper: 0.16mg (8.08%), Vitamin B3: 1.39mg (6.93%), Zinc: 0.9mg (6.02%), Fiber: 1.43g (5.74%), Calcium: 51.91mg (5.19%), Magnesium: 20.55mg (5.14%), Vitamin E: 0.74mg (4.93%), Vitamin B5: 0.48mg (4.83%), Potassium: 124.19mg (3.55%), Vitamin B6: 0.07mg (3.27%), Vitamin D: 0.44µg (2.93%), Vitamin B12: 0.17µg (2.8%), Vitamin K: 1.76µg (1.68%)