



Pecan Tarts



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



285 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 5 tablespoons plus dark
- ☐ 2 eggs beaten
- ☐ 1 cup pecans chopped
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

Equipment

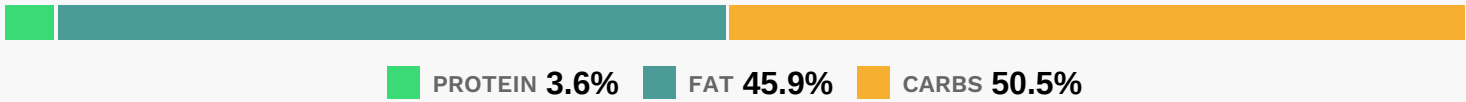
- ☐ bowl

☐ oven

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Lightly grease 8 3-inch tart tins.
- ☐ Roll out pastry and cut 8 5-inch circles. Fit pastry circles into greased tart tins.
- ☐ In a large bowl, combine eggs, sugar, butter or margarine, corn syrup, and vanilla extract.
- ☐ Mix well, then stir in pecans.
- ☐ Pour an equal amount of mixture into each pastry-lined tart tin.
- ☐ Bake in preheated oven for 30 to 35 minutes until pastry is golden brown and filling is set.

Nutrition Facts



Properties

Glycemic Index:27.51, Glycemic Load:27.11, Inflammation Score:-2, Nutrition Score:4.6239130652469%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 284.54kcal (14.23%), Fat: 15.19g (23.38%), Saturated Fat: 3.88g (24.28%), Carbohydrates: 37.61g (12.54%), Net Carbohydrates: 36.3g (13.2%), Sugar: 36.27g (40.3%), Cholesterol: 52.21mg (17.4%), Sodium: 70.99mg (3.09%), Alcohol: 0.17g (100%), Alcohol %: 0.32% (100%), Protein: 2.68g (5.36%), Manganese: 0.63mg (31.61%), Copper: 0.18mg (9.04%), Selenium: 4.5µg (6.42%), Vitamin B1: 0.1mg (6.41%), Phosphorus: 62.32mg (6.23%), Fiber: 1.31g (5.23%), Zinc: 0.77mg (5.15%), Magnesium: 19.07mg (4.77%), Vitamin B2: 0.08mg (4.48%), Vitamin A: 198.23IU (3.96%), Iron: 0.6mg (3.35%), Vitamin B5: 0.3mg (2.95%), Vitamin E: 0.43mg (2.85%), Vitamin B6: 0.05mg (2.44%), Potassium: 79.59mg (2.27%), Folate: 8.32µg (2.08%), Calcium: 19.74mg (1.97%), Vitamin B12: 0.11µg (1.78%), Vitamin D: 0.22µg (1.47%)