

Pecan Tarts

 Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



82 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 1 cup confectioners' sugar
- ☐ 0.5 cup plus
- ☐ 2 egg yolks
- ☐ 2 cups flour all-purpose sifted
- ☐ 0.5 cup butter
- ☐ 1 cup pecans chopped
- ☐ 0.5 cup sugar white

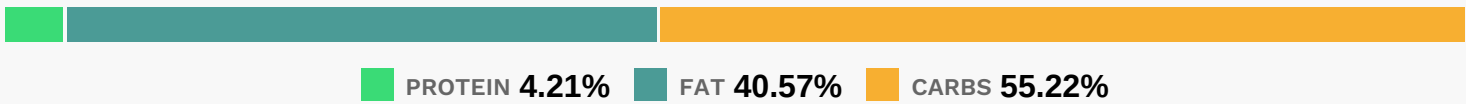
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ In a large bowl, mix 1/2 cup margarine (NOT butter) and 1/2 cup sugar. Stir in egg yolks, almond extract, and sifted flour.
- ☐ Spray tiny muffin cups with non-stick spray. Press mixture evenly into tiny muffin cups.
- ☐ Bake for 8 to 10 minutes.
- ☐ To make Filling: Bring to a boil 1/2 cup margarine, corn syrup, and confectioner's sugar. Stir in chopped pecans.
- ☐ Spoon into shells no more than 1/2 way. Top with pecan halves.
- ☐ Bake in a 350 degrees F (180 degrees C) oven for 5 minutes.

Nutrition Facts



Properties

Glycemic Index:3.63, Glycemic Load:4.86, Inflammation Score:-1, Nutrition Score:1.5217391181251%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 82.1kcal (4.11%), Fat: 3.8g (5.85%), Saturated Fat: 0.61g (3.84%), Carbohydrates: 11.65g (3.88%), Net Carbohydrates: 11.29g (4.1%), Sugar: 7.37g (8.19%), Cholesterol: 8.1mg (2.7%), Sodium: 25.04mg (1.09%), Alcohol: 0.03g (100%), Alcohol %: 0.19% (100%), Protein: 0.89g (1.77%), Manganese: 0.14mg (6.92%), Vitamin B1: 0.06mg (3.97%), Selenium: 2.32µg (3.32%), Folate: 11.15µg (2.79%), Vitamin B2: 0.03mg (2.03%), Vitamin A: 96.67IU (1.93%), Iron: 0.32mg (1.79%), Copper: 0.04mg (1.79%), Vitamin B3: 0.34mg (1.68%), Phosphorus: 15.39mg (1.54%), Fiber: 0.36g (1.43%), Zinc: 0.17mg (1.15%), Magnesium: 4.05mg (1.01%)