



Pecan Tassies

READY IN



135 min.

SERVINGS



15

CALORIES



225 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup brown sugar packed
- 0.5 cup butter softened
- 4 oz philadelphia cream cheese softened ()
- 1 eggs
- 1 cup flour
- 0.8 cup planters pecans finely chopped
- 3 oz baker's semi-sweet chocolate melted
- 1 tsp vanilla

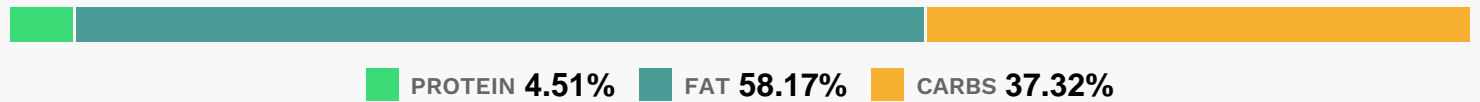
Equipment

- bowl
- oven
- blender
- muffin tray

Directions

- Beat cream cheese and butter in large bowl with mixer until well blended.
- Add flour; mix well. Refrigerate 1 hour or until chilled.
- Heat oven to 350F. Divide dough into 24 balls; place 1 in each of 24 miniature muffin pan cups. Press onto bottoms and up sides of cups to form shells. Beat egg in medium bowl.
- Add sugar and vanilla; mix well. Stir in nuts; spoon into pastry shells, filling each 3/4 full.
- Bake 25 min. or until lightly browned.
- Let stand 5 min. in pans; remove to wire racks. Cool completely.
- Drizzle with melted chocolate.
- Let stand until set.

Nutrition Facts



Properties

Glycemic Index:7.47, Glycemic Load:4.73, Inflammation Score:-4, Nutrition Score:4.2991304481807%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 225.03kcal (11.25%), Fat: 14.79g (22.75%), Saturated Fat: 4.45g (27.82%), Carbohydrates: 21.35g (7.12%), Net Carbohydrates: 20.2g (7.34%), Sugar: 13.3g (14.78%), Cholesterol: 18.89mg (6.3%), Sodium: 103.1mg (4.48%), Alcohol: 0.1g (100%), Alcohol %: 0.25% (100%), Caffeine: 4.88mg (1.63%), Protein: 2.58g (5.16%), Manganese: 0.36mg (18.2%), Vitamin A: 393.64IU (7.87%), Copper: 0.15mg (7.55%), Selenium: 5.17µg (7.39%), Vitamin B1: 0.1mg (6.91%), Iron: 1.01mg (5.6%), Phosphorus: 53.55mg (5.35%), Magnesium: 20.08mg (5.02%), Vitamin B2: 0.08mg (4.96%), Folate: 18.58µg (4.65%), Fiber: 1.15g (4.62%), Zinc: 0.51mg (3.41%), Vitamin B3: 0.62mg (3.11%), Vitamin E: 0.44mg (2.92%), Calcium: 28.64mg (2.86%), Potassium: 93.61mg (2.67%), Vitamin B5: 0.21mg (2.05%), Vitamin B6: 0.03mg (1.52%), Vitamin B12: 0.06µg (1.01%)