



## Pecan Tassies

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 cups firmly brown sugar packed
- 1 cup butter softened
- 2 tablespoons butter melted
- 8 oz cream cheese softened
- 2 large eggs
- 2.5 cups flour all-purpose
- 1.5 cups pecans chopped
- 0.1 teaspoon salt

2 teaspoons vanilla extract

## Equipment

baking sheet

oven

whisk

hand mixer

## Directions

Beat 1 cup butter and cream cheese at medium speed with an electric mixer until creamy. Gradually add flour to butter mixture, beating at low speed. Shape mixture into 48 balls, and place on a baking sheet; cover and chill 1 hour.

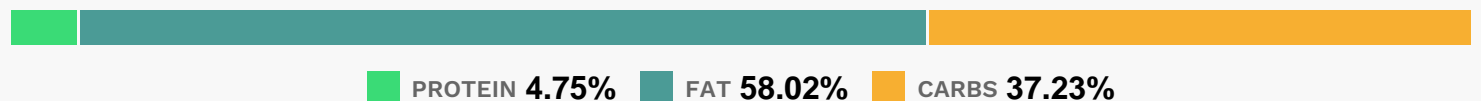
Place 1 dough ball into each lightly greased muffin cup in mini muffin pans, shaping each into a shell.

Whisk together brown sugar and next 5 ingredients. Spoon into tart shells.

Bake at 350 for 20 minutes or until filling is set. Cool in pans on wire racks 10 minutes.

Remove from pans; cool on wire racks 20 minutes or until completely cool.

## Nutrition Facts



## Properties

Glycemic Index:4.42, Glycemic Load:3.68, Inflammation Score:-2, Nutrition Score:2.4143478645255%

## Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

## Nutrients (% of daily need)

Calories: 131.45kcal (6.57%), Fat: 8.65g (13.31%), Saturated Fat: 3.97g (24.82%), Carbohydrates: 12.49g (4.16%), Net Carbohydrates: 11.98g (4.36%), Sugar: 7.03g (7.81%), Cholesterol: 23.94mg (7.98%), Sodium: 60.08mg (2.61%), Alcohol: 0.06g (100%), Alcohol %: 0.25% (100%), Protein: 1.59g (3.18%), Manganese: 0.2mg (10.18%), Vitamin B1: 0.08mg (5.05%), Selenium: 3.52µg (5.03%), Vitamin A: 209.37IU (4.19%), Folate: 14.3µg (3.57%), Vitamin B2: 0.06mg (3.47%), Copper: 0.06mg (2.8%), Phosphorus: 27.21mg (2.72%), Iron: 0.48mg (2.67%), Vitamin B3: 0.44mg (2.2%), Fiber: 0.5g (2.01%), Magnesium: 6.97mg (1.74%), Zinc: 0.26mg (1.72%), Calcium: 16.11mg (1.61%), Vitamin E: 0.24mg (1.58%), Vitamin B5: 0.13mg (1.32%), Potassium: 40.71mg (1.16%)