



Pecan Tassies



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



36

CALORIES



1405 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 1 eggs
- ☐ 0.5 cup pecans coarsely chopped
- ☐ 0.3 teaspoon salt
- ☐ 36 phyllo tart shells ()

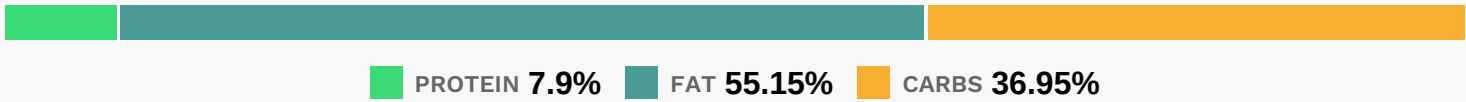
Equipment

- ☐ oven

Directions

- ☐ Cream butter; gradually add sugar, beating well.
- ☐ Add egg and salt, beating well. Stir in pecans. Spoon 1 1/2 teaspoons filling into each tart shell.
- ☐ Bake at 350 for 30 minutes.
- ☐ Remove from pans while warm; cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:0.28, Glycemic Load:0.01, Inflammation Score:1, Nutrition Score:7.3634782226999%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 1405.18kcal (70.26%), Fat: 84.6g (130.15%), Saturated Fat: 34.36g (214.77%), Carbohydrates: 127.54g (42.51%), Net Carbohydrates: 113.92g (41.43%), Sugar: 19.46g (21.63%), Cholesterol: 72.47mg (24.16%), Sodium: 858.71mg (37.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.27g (54.54%), Iron: 26.59mg (147.73%), Fiber: 13.62g (54.46%), Manganese: 0.07mg (3.62%), Vitamin A: 120.22IU (2.4%), Copper: 0.02mg (1.1%)