



## Pecan tassies

READY IN



40 min.

SERVINGS



12

CALORIES



176 kcal

SIDE DISH

## Ingredients

- ☐ 50 g pecans
- ☐ 50 g cheese soft
- ☐ 50 g butter softened
- ☐ 50 g flour plain for dusting
- ☐ 85 g pecans
- ☐ 1 egg yolk
- ☐ 50 g brown sugar light
- ☐ 2 tbsp maple syrup
- ☐ 0.5 tsp vanilla extract

☐ 1 tbsp butter melted

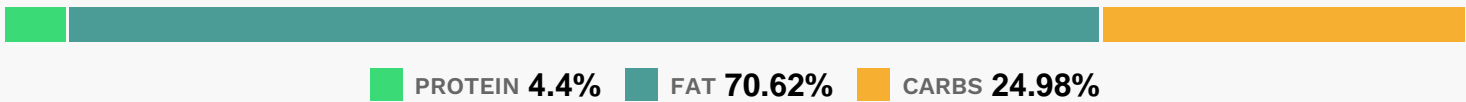
## Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mini muffin tray

## Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ To make the pastry, whizz the pecans in a food processor until finely ground, then pulse in the remaining ingredients with a pinch of salt until the dough just comes together. Lightly flour your hands to prevent sticking, then roll the dough into 12 small balls. Use your fingers to gently press them into the bottom and up the sides of a 12-hole mini muffin tin. Chill in the fridge while you make the filling.
- ☐ Toast the pecans in a dry frying pan for 3-5 mins until lightly toasted and smelling aromatic. Cool a little, reserve 12 of them, then roughly chop the rest.
- ☐ Whisk the remaining ingredients with a pinch of salt, then stir in the chopped pecans.
- ☐ Bake the pastry cases for 5 mins, then remove from the oven. If the pastry has puffed up a little, gently press it down with a teaspoon or your fingers. Spoon 1-2 tsps of the filling into each of the pastry cases, then top each with a whole pecan.
- ☐ Bake for 15-20 mins or until the crust turns golden and the filling is set. Leave to cool a little in the tin. Eat warm on their own, or with some cream whipped up with maple syrup.

## Nutrition Facts



## Properties

Glycemic Index:21.54, Glycemic Load:3.23, Inflammation Score:-2, Nutrition Score:4.2995652258396%

## Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Delphinidin: 0.82mg, Delphinidin: 0.82mg, Delphinidin: 0.82mg, Delphinidin: 0.82mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg

Nutrients (% of daily need)

Calories: 176.01kcal (8.8%), Fat: 14.31g (22.02%), Saturated Fat: 4.44g (27.73%), Carbohydrates: 11.39g (3.8%), Net Carbohydrates: 10.19g (3.71%), Sugar: 6.69g (7.43%), Cholesterol: 31.91mg (10.64%), Sodium: 49.77mg (2.16%), Alcohol: 0.06g (100%), Alcohol %: 0.22% (100%), Protein: 2.01g (4.01%), Manganese: 0.62mg (30.78%), Vitamin B1: 0.11mg (7.54%), Copper: 0.14mg (7.25%), Vitamin B2: 0.1mg (5.71%), Fiber: 1.19g (4.77%), Phosphorus: 47.43mg (4.74%), Selenium: 3.14µg (4.49%), Vitamin A: 217.58IU (4.35%), Zinc: 0.62mg (4.16%), Magnesium: 16.18mg (4.05%), Folate: 12.87µg (3.22%), Iron: 0.56mg (3.1%), Vitamin E: 0.36mg (2.39%), Calcium: 22.87mg (2.29%), Potassium: 72.3mg (2.07%), Vitamin B3: 0.39mg (1.96%), Vitamin B5: 0.2mg (1.95%), Vitamin B6: 0.04mg (1.75%)