



Pecan Tassies in Cream Cheese Pastry

READY IN



45 min.

SERVINGS



24

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup plus
- ☐ 1 large eggs
- ☐ 1 large egg whites
- ☐ 2 tablespoons skim milk fat-free
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon granulated sugar
- ☐ 0.3 cup pecans finely chopped
- ☐ 0.1 teaspoon salt

- ☐ 1 Dash salt
- ☐ 2 tablespoons stick margarine softened
- ☐ 1 teaspoon vanilla extract

Equipment

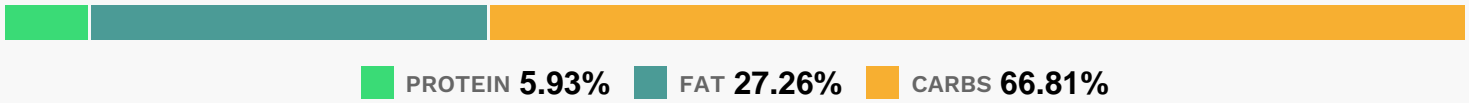
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350
- ☐ To prepare pastry, lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, 1 tablespoon sugar, and dash of salt in a small bowl.
- ☐ Combine cream cheese, butter, and milk in a large bowl; beat with a mixer at medium speed until well-blended.
- ☐ Add flour mixture; beat at low speed just until blended (mixture will be crumbly). Press flour mixture into a ball.
- ☐ Turn dough out onto a lightly floured surface, and knead lightly 3 to 4 times. Divide dough into 24 portions.
- ☐ Place 1 dough portion into each of 24 miniature muffin cups coated with cooking spray. Press dough into bottom and up sides of cups, using lightly floured fingers.
- ☐ To prepare filling, divide pecans evenly among muffin cups.
- ☐ Combine brown sugar and remaining ingredients; spoon about 2 teaspoons filling over pecans in each muffin cup.

Bake at 350 for 20 minutes or until pastry is lightly browned and filling is puffy. Cool in cups for 10 minutes on a wire rack. Run a knife around outside edge of each tassie; remove from pan. Cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:8.64, Glycemic Load:3.94, Inflammation Score:-1, Nutrition Score:1.4913043429994%

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: 75.62kcal (3.78%), Fat: 2.35g (3.61%), Saturated Fat: 0.37g (2.33%), Carbohydrates: 12.93g (4.31%), Net Carbohydrates: 12.65g (4.6%), Sugar: 8.76g (9.73%), Cholesterol: 7.79mg (2.6%), Sodium: 35.44mg (1.54%), Alcohol: 0.06g (100%), Alcohol %: 0.32% (100%), Protein: 1.15g (2.3%), Manganese: 0.11mg (5.39%), Selenium: 2.85µg (4.08%), Vitamin B1: 0.06mg (3.69%), Folate: 10.98µg (2.75%), Vitamin B2: 0.05mg (2.68%), Iron: 0.35mg (1.95%), Vitamin B3: 0.34mg (1.68%), Phosphorus: 15.96mg (1.6%), Copper: 0.03mg (1.49%), Vitamin A: 58.72IU (1.17%), Fiber: 0.29g (1.14%), Zinc: 0.16mg (1.07%), Magnesium: 4.05mg (1.01%)