



Peppermint Candy Tarts

READY IN



90 min.

SERVINGS



32

CALORIES



85 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 3 tablespoons butter softened
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 2 tablespoons milk
- ☐ 0.5 cup peppermint candies hard crushed (18 candies)
- ☐ 0.5 teaspoon peppermint extract
- ☐ 2 cups powdered sugar

☐ 0.3 teaspoon salt

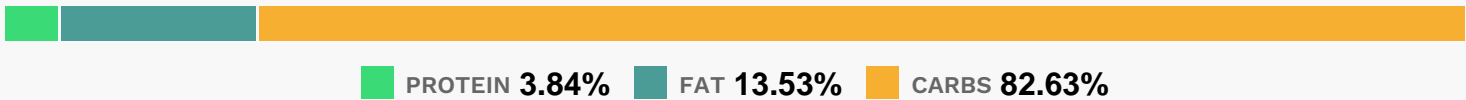
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F. Grease bottoms only of 32 mini muffin cups with shortening or cooking spray. In large bowl, beat granulated sugar and 1/2 cup butter with electric mixer on medium speed until fluffy. Beat in peppermint extract and egg until blended. On low speed, beat in flour, baking soda and salt.
- ☐ Shape dough into 1 1/2-inch balls. Press each ball in bottom and up side of muffin cup.
- ☐ Bake 9 to 12 minutes until set and edges are light golden brown. Cool 1 minute; remove from muffin cups to cooling racks. Cool completely, about 15 minutes.
- ☐ In small bowl, beat filling ingredients except crushed candies with electric mixture on medium speed until smooth and creamy. Stir in 1/4 cup of the candies. Spoon or pipe 1 rounded measuring teaspoon filling into center of each tart shell.
- ☐ Sprinkle with remaining crushed candies.

Nutrition Facts



Properties

Glycemic Index:7.91, Glycemic Load:7.19, Inflammation Score:-1, Nutrition Score:1.0365217297297%

Nutrients (% of daily need)

Calories: 85.44kcal (4.27%), Fat: 1.28g (1.98%), Saturated Fat: 0.29g (1.8%), Carbohydrates: 17.66g (5.89%), Net Carbohydrates: 17.5g (6.36%), Sugar: 12.32g (13.69%), Cholesterol: 5.23mg (1.74%), Sodium: 41.71mg (1.81%), Alcohol: 0.02g (100%), Alcohol %: 0.12% (100%), Protein: 0.82g (1.64%), Selenium: 2.49µg (3.56%), Vitamin B1: 0.05mg (3.15%), Folate: 11.38µg (2.85%), Vitamin B2: 0.04mg (2.3%), Manganese: 0.04mg (2.05%), Vitamin B3: 0.35mg (1.74%), Iron: 0.3mg (1.68%), Vitamin A: 55.89IU (1.12%), Phosphorus: 10.3mg (1.03%)