

Pine Nut Tassies



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



48

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 48 servings garnish: confectioners sugar
- ☐ 1 large eggs
- ☐ 0.7 cup brown sugar light packed
- ☐ 0.5 lb pinenuts
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons butter unsalted cooled melted
- ☐ 1 teaspoon vanilla

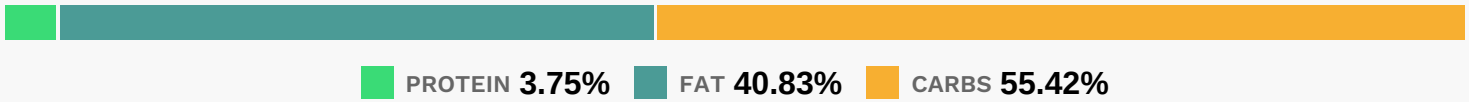
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ wax paper

Directions

- ☐ Follow recipe for basic butter cookies to make dough, then divide dough in half. Divide 1 half (keep remaining dough chilled, covered) into 24 pieces (about 1 1/2 teaspoons each) and form into 1-inch balls. Press each ball evenly onto bottom and up side of an ungreased mini-muffin cup to form a pastry shell (use a piece of plastic wrap to prevent dough from sticking to your fingers). Chill until ready to fill.
- ☐ Put oven rack in middle position and preheat oven to 375°F.
- ☐ Whisk together brown sugar, butter, egg, vanilla, and salt until blended, then stir in pine nuts. Fill each pastry shell with about 2 teaspoons filling.
- ☐ Bake tassies until filling is bubbling and pastry is golden brown, 12 to 15 minutes. Run a sharp thin knife around edge of each pastry, then transfer pan (with cookies) to a rack to cool 10 minutes.
- ☐ Remove tassies from pans and transfer to rack to cool completely. Make more tassies with remaining dough and filling.
- ☐ Tassies keep, layered between sheets of wax paper or parchment, in an airtight container at room temperature 1 week.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.0752174123798%

Nutrients (% of daily need)

Calories: 80.44kcal (4.02%), Fat: 3.8g (5.85%), Saturated Fat: 0.56g (3.52%), Carbohydrates: 11.62g (3.87%), Net Carbohydrates: 11.44g (4.16%), Sugar: 10.97g (12.19%), Cholesterol: 5.13mg (1.71%), Sodium: 26.88mg (1.17%), Alcohol: 0.03g (100%), Alcohol %: 0.21% (100%), Protein: 0.79g (1.57%), Manganese: 0.42mg (20.94%), Copper: 0.07mg (3.26%), Vitamin E: 0.47mg (3.1%), Magnesium: 12.28mg (3.07%), Phosphorus: 29.5mg (2.95%), Vitamin K: 2.59µg (2.47%), Zinc: 0.32mg (2.14%), Iron: 0.31mg (1.7%), Vitamin B1: 0.02mg (1.18%), Vitamin B3: 0.21mg (1.06%), Vitamin B2: 0.02mg (1.02%)