

Pine Nut Tassies Vegetarian Gluten Free Low Fod Map SERVINGS SERVINGS ANTIPASTI STARTER SNACK APPETIZER CALORIES 80 kcal

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 11/2 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	
	PROTEIN 3.75% FAT 40.83% CARBS 55.42%	
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%)