



Real Canadian Butter Tarts, eh?

READY IN



32 min.

SERVINGS



12

CALORIES



141 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 1 eggs lightly beaten
- ☐ 0.5 cup maple syrup
- ☐ 0.8 cup raisins
- ☐ 0.3 teaspoon salt
- ☐ 3 inch unbaked tart shells
- ☐ 1 teaspoon vanilla extract

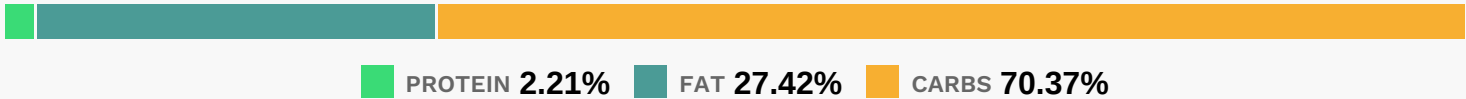
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Place tart shells on a baking sheet; sprinkle raisins evenly into the bottom of each tart shell.
- ☐ Whisk together butter, brown sugar, maple syrup, vanilla extract, and salt in a bowl; whisk in egg.
- ☐ Pour mixture into tart shells; sprinkle each tart with walnuts.
- ☐ Bake in the preheated oven until pastry is light brown and filling is bubbly, about 12 minutes. Cool on a wire rack, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:12.11, Glycemic Load:7.12, Inflammation Score:-1, Nutrition Score:2.5686956812506%

Nutrients (% of daily need)

Calories: 141.02kcal (7.05%), Fat: 4.41g (6.79%), Saturated Fat: 2.64g (16.48%), Carbohydrates: 25.49g (8.5%), Net Carbohydrates: 24.84g (9.03%), Sugar: 17.02g (18.91%), Cholesterol: 23.96mg (7.99%), Sodium: 92.22mg (4.01%), Alcohol: 0.11g (100%), Alcohol %: 0.35% (100%), Protein: 0.8g (1.6%), Manganese: 0.34mg (17.03%), Vitamin B2: 0.21mg (12.09%), Potassium: 123.84mg (3.54%), Calcium: 28.02mg (2.8%), Vitamin A: 137.98IU (2.76%), Fiber: 0.65g (2.59%), Iron: 0.44mg (2.44%), Selenium: 1.34µg (1.91%), Magnesium: 6.94mg (1.73%), Copper: 0.03mg (1.73%), Phosphorus: 15.58mg (1.56%), Vitamin B1: 0.02mg (1.38%), Vitamin B6: 0.03mg (1.36%), Zinc: 0.17mg (1.1%)