



Sand Tarts

 Vegetarian

READY IN



50 min.

SERVINGS



1

CALORIES



3448 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 cup butter softened
- ☐ 2 cups flour all-purpose
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 cup pecans finely chopped
- ☐ 0.3 cup powdered sugar
- ☐ 1 tablespoon vanilla extract

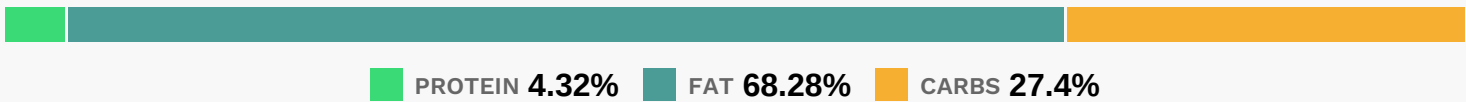
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ stand mixer

Directions

- ☐ Preheat oven to 37
- ☐ Beat butter and powdered sugar at medium speed with a heavy-duty electric stand mixer 3 to 4 minutes or until fluffy. Stir together flour, baking powder, and kosher salt. Gradually add flour mixture to butter mixture, beating until blended. Stir in pecans and vanilla. Lightly grease baking sheets with vegetable cooking spray. Drop dough by rounded tablespoonfuls onto prepared baking sheets; flatten slightly.
- ☐ Bake 13 to 15 minutes or until golden brown. Cool on baking sheets 5 minutes; transfer to wire racks.

Nutrition Facts



Properties

Glycemic Index:227, Glycemic Load:140.07, Inflammation Score:-10, Nutrition Score:54.947391541108%

Flavonoids

Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg Delphinidin: 7.94mg, Delphinidin: 7.94mg, Delphinidin: 7.94mg, Delphinidin: 7.94mg Catechin: 7.89mg, Catechin: 7.89mg, Catechin: 7.89mg, Catechin: 7.89mg Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg

Nutrients (% of daily need)

Calories: 3448.1kcal (172.4%), Fat: 265.03g (407.75%), Saturated Fat: 123.8g (773.77%), Carbohydrates: 239.31g (79.77%), Net Carbohydrates: 222.08g (80.76%), Sugar: 36.12g (40.14%), Cholesterol: 488.05mg (162.68%), Sodium: 2683.75mg (116.68%), Alcohol: 4.47g (100%), Alcohol %: 0.89% (100%), Protein: 37.76g (75.52%), Manganese: 6.64mg (332.16%), Vitamin B1: 2.69mg (179.65%), Selenium: 91.36µg (130.51%), Folate: 488.29µg (122.07%), Vitamin A: 5733.77IU (114.68%), Vitamin B2: 1.47mg (86.58%), Copper: 1.68mg (84.03%), Iron: 15.1mg (83.9%), Vitamin B3: 16.19mg (80.93%), Phosphorus: 758.65mg (75.86%), Fiber: 17.23g (68.9%), Calcium: 522.93mg (52.29%), Magnesium: 194.63mg (48.66%), Vitamin E: 6.94mg (46.28%), Zinc: 6.91mg (46.08%), Vitamin B5: 2.29mg (22.9%), Potassium: 790.04mg (22.57%), Vitamin K: 20.45µg (19.48%), Vitamin B6: 0.35mg (17.45%), Vitamin B12:

0.39µg (6.43%), Vitamin C: 1.2mg (1.45%)