



Sand Tarts

 Vegetarian

READY IN



45 min.

SERVINGS



14

CALORIES



123 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 0.3 cup roasted almonds salted
- ☐ 0.3 lb butter
- ☐ 1 large egg white
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon vanilla

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender

Directions

- ☐ In a 1- to 1 1/2-quart pan over medium heat, cook butter until particles on pan bottom and foam that floats on melted butter turn amber-colored and smell toasted (mixture may bubble up), 5 to 6 minutes.
- ☐ Let cool at least 10 minutes.
- ☐ In a food processor or blender, whirl almonds and sugar to a fine powder (if using a blender, transfer to a bowl). Scrape browned butter into container with nuts and sugar; add egg white, vanilla, almond extract, and flour. Whirl or stir with a fork until blended (dough will be sticky).
- ☐ For petite tarts, use 2 1/2-inch round tart pans (about 3/4 in. deep; 2-tablespoon capacity), lining each with about 1 1/2 tablespoons dough.
- ☐ For cookie-size tarts, use 3-inch round tart pans (about 1 1/4 in. deep; 5-tablespoon capacity), lining each with about 3 tablespoons dough.
- ☐ With your fingertips, press dough evenly over bottom and up sides of pans (nonstick or regular), flush with rims. Set slightly apart in a shallow, rimmed pan (10 by 15 in.).
- ☐ Bake in a 300 regular or convection oven until tarts are richly browned at the edges and slightly paler in the center, 25 to 35 minutes; small tarts brown faster, so start checking them early. (If you prefer slightly softer tarts, bake only until edges are golden brown, 20 to 30 minutes.) The tarts puff up in the center as they cook, leaving only a small depression.
- ☐ Transfer pans to a rack and let stand until tarts are warm but comfortable to touch, 5 to 8 minutes. Then invert one pan at a time onto a flat surface and gently squeeze, tapping very gently. If tart doesn't fall out, ease free with the tip of a sharp knife.
- ☐ Serve warm or cool.
- ☐ Nutrition analysis per 2 1/2-inch tart.

Nutrition Facts



 **PROTEIN 5.58%**  **FAT 60.26%**  **CARBS 34.16%**

Properties

Glycemic Index:14.65, Glycemic Load:7.05, Inflammation Score:-2, Nutrition Score:2.37652176489%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 122.75kcal (6.14%), Fat: 8.35g (12.85%), Saturated Fat: 4.3g (26.89%), Carbohydrates: 10.66g (3.55%), Net Carbohydrates: 10.05g (3.65%), Sugar: 4.99g (5.54%), Cholesterol: 17.41mg (5.8%), Sodium: 56.24mg (2.45%), Alcohol: 0.12g (100%), Alcohol %: 0.61% (100%), Protein: 1.74g (3.48%), Vitamin E: 1.06mg (7.09%), Manganese: 0.12mg (6.24%), Vitamin B2: 0.09mg (5.07%), Selenium: 2.99µg (4.27%), Vitamin A: 202.45IU (4.05%), Vitamin B1: 0.06mg (4.01%), Folate: 14.09µg (3.52%), Magnesium: 11.13mg (2.78%), Vitamin B3: 0.53mg (2.63%), Phosphorus: 25.93mg (2.59%), Iron: 0.44mg (2.46%), Fiber: 0.61g (2.43%), Copper: 0.05mg (2.29%), Calcium: 12.36mg (1.24%), Potassium: 38.53mg (1.1%), Zinc: 0.16mg (1.08%)