



Sazerac Tassies

 Vegetarian

READY IN



90 min.

SERVINGS



24

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 tablespoons aniseed
- ☐ 2 tablespoons aniseed
- ☐ 1 teaspoon double-acting baking powder
- ☐ 12 tablespoons butter ()
- ☐ 2 eggs lightly beaten
- ☐ 1 cup flour
- ☐ 2 teaspoons honey
- ☐ 2 ounces powdered sugar for dusting plus more

☐ 1 cup sugar

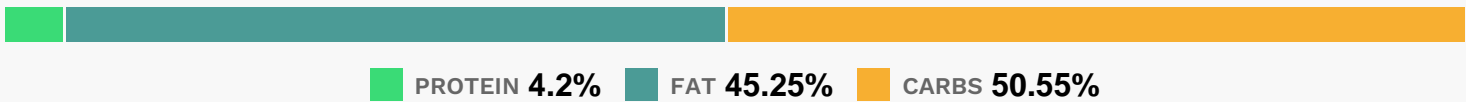
Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ plastic wrap
- ☐ tart form

Directions

- ☐ To make the filling, combine the sugar, flour, and baking powder in a bowl.
- ☐ Add the beaten eggs, anise liqueur, and honey, and mix well.
- ☐ To make the tart shells, combine the flour, powdered sugar, and baking powder in a mixing bowl.
- ☐ Cut the butter into the flour mixture with a pastry blender until the mixture resembles coarse meal. Use your hands to form a ball. Press the dough flat (but do not roll out) and cover with plastic wrap. Refrigerate the dough for at least 1 hour.
- ☐ Preheat the oven to 375°F. Once the dough has chilled, divide the dough into 24 balls and press each dough ball into a tart shell, or into the cups of mini muffin pans. Divide the anise seeds among the tart shells and spoon about 1 tablespoon of filling into each shell.
- ☐ Bake the tassies for 15 minutes, or until lightly browned. Cool before you unmold the tassies from the tart pan.
- ☐ Dust lightly with powdered sugar before serving.

Nutrition Facts



Properties

Glycemic Index:14.56, Glycemic Load:9.01, Inflammation Score:-1, Nutrition Score:1.9160869613938%

Nutrients (% of daily need)

Calories: 122.58kcal (6.13%), Fat: 6.34g (9.76%), Saturated Fat: 3.73g (23.31%), Carbohydrates: 15.94g (5.31%), Net Carbohydrates: 15.58g (5.67%), Sugar: 11.14g (12.38%), Cholesterol: 28.69mg (9.56%), Sodium: 68.38mg (2.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.65%), Iron: 0.89mg (4.93%), Selenium: 3.11µg (4.44%), Vitamin A: 199.4IU (3.99%), Manganese: 0.07mg (3.6%), Vitamin B1: 0.05mg (3.19%), Vitamin B2: 0.05mg (3.03%), Folate: 11.63µg (2.91%), Phosphorus: 24.84mg (2.48%), Calcium: 24.14mg (2.41%), Vitamin B3: 0.36mg (1.8%), Fiber: 0.36g (1.44%), Vitamin E: 0.2mg (1.36%), Copper: 0.02mg (1.24%), Zinc: 0.17mg (1.15%), Magnesium: 4.33mg (1.08%)