



Superstar Eggnog Tart

READY IN



70 min.

SERVINGS



12

CALORIES



338 kcal

DESSERT

Ingredients

- ☐ 1 eggs
- ☐ 0.3 cup evaporated milk
- ☐ 1 pinch ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.8 cup ready icing white prepared
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 2 packages phyllo tart shells tenderflake®
- ☐ 3 tablespoons water

- ☐ 1.5 cups non-dairy whipped topping
- ☐ 2 teaspoons amber light

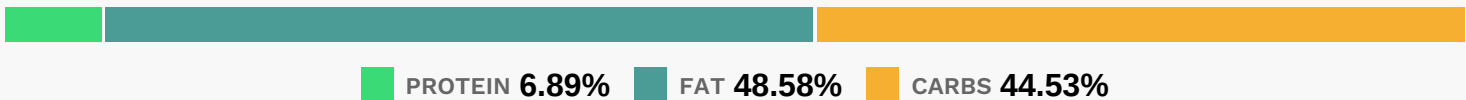
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ PREHEAT oven to 350 degrees F (180 degrees C).
- ☐ ARRANGE one package of tart shells on a baking sheet. Using an electric beater, beat together the sugar and egg until light and fluffy. Stir in evaporated milk, water, rum, salt, nutmeg and cinnamon.
- ☐ Pour into the tart shells and bake for 25 to 30 minutes or until crust is golden and filling is set.
- ☐ Remove from the oven and cool.
- ☐ REMOVE the remaining tart shells from the foil tins.
- ☐ Transfer to a lightly floured work surface and press to flatten. Using a 1 1/2- to 2-inch (3.5-5 cm) star shaped cutter, cut a star from each piece of pastry.
- ☐ Place on a parchment paper-lined baking sheet and bake for 8 minutes or until nicely browned.
- ☐ Remove from the oven and cool completely.
- ☐ MIX icing and nutmeg together and place in a small piping bag. Pipe a thin line of icing around the edges of each star.
- ☐ TOP each tart with 2 tablespoons (30 mL) of whipped topping and garnish with a star.

Nutrition Facts



Properties

Glycemic Index:16.92, Glycemic Load:7.05, Inflammation Score:1, Nutrition Score:2.6721739140542%

Nutrients (% of daily need)

Calories: 337.69kcal (16.88%), Fat: 17.91g (27.56%), Saturated Fat: 7.55g (47.21%), Carbohydrates: 36.95g (12.32%), Net Carbohydrates: 34.68g (12.61%), Sugar: 18.27g (20.3%), Cholesterol: 27.18mg (9.06%), Sodium: 204.74mg (8.9%), Alcohol: 0.28g (100%), Alcohol %: 0.39% (100%), Protein: 5.72g (11.43%), Iron: 4.53mg (25.17%), Fiber: 2.27g (9.09%), Vitamin B2: 0.09mg (5.34%), Phosphorus: 31.17mg (3.12%), Calcium: 27.89mg (2.79%), Selenium: 1.55µg (2.22%), Vitamin E: 0.31mg (2.09%), Vitamin K: 2.19µg (2.09%), Potassium: 41.01mg (1.17%), Vitamin B5: 0.11mg (1.09%), Vitamin B12: 0.06µg (1.04%)