



Tea Tassies

 Vegetarian

READY IN



45 min.

SERVINGS



72

CALORIES



77 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups brown sugar packed
- ☐ 4 teaspoons butter
- ☐ 6 ounce cream cheese
- ☐ 4 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 pinch salt
- ☐ 2 teaspoons vanilla extract
- ☐ 2 cups walnuts chopped

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0.5 cup sugar white

Equipment

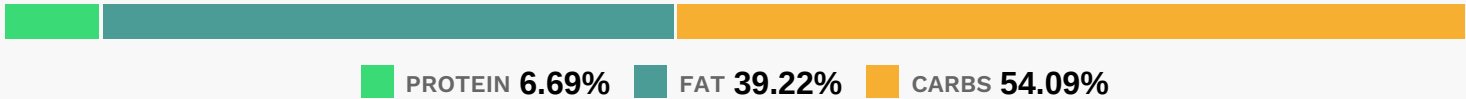
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oven

Directions

- ☐ Preheat oven to 350 degrees F. Blend flour, butter, sugar and cream cheese.
- ☐ Press into sandbakkel tins.
- ☐ Melt butter over low heat.
- ☐ Remove from heat and add eggs, chopped nuts, brown sugar, vanilla and salt, blending well.
- ☐ Fill tins about 3/4 full with mixture and bake until filling is well set and crust is brown.

Nutrition Facts



Properties

Glycemic Index:3.36, Glycemic Load:2.97, Inflammation Score:-1, Nutrition Score:1.6439130320821%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg

Nutrients (% of daily need)

Calories: 76.54kcal (3.83%), Fat: 3.43g (5.27%), Saturated Fat: 0.9g (5.63%), Carbohydrates: 10.64g (3.55%), Net Carbohydrates: 10.32g (3.75%), Sugar: 7.52g (8.36%), Cholesterol: 12.08mg (4.03%), Sodium: 15.08mg (0.66%), Alcohol: 0.04g (100%), Alcohol %: 0.25% (100%), Protein: 1.32g (2.63%), Manganese: 0.14mg (6.99%), Selenium: 2.37µg (3.39%), Copper: 0.06mg (3.1%), Folate: 10.97µg (2.74%), Vitamin B1: 0.04mg (2.66%), Vitamin B2: 0.04mg (2.3%), Phosphorus: 22.68mg (2.27%), Iron: 0.35mg (1.92%), Magnesium: 6.97mg (1.74%), Vitamin B6: 0.03mg (1.35%), Vitamin B3: 0.25mg (1.26%), Calcium: 12.53mg (1.25%), Fiber: 0.31g (1.25%), Zinc: 0.17mg (1.14%), Vitamin A: 52.52IU (1.05%)