



Tea Time Tasties

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



139 kcal

BEVERAGE

DRINK

Ingredients

- 0.8 cup brown sugar packed
- 1 tablespoon butter
- 3 ounce cream cheese
- 1 eggs
- 1 cup flour all-purpose
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract
- 2.3 cups walnuts chopped

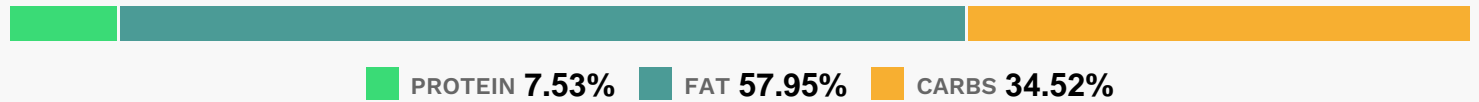
Equipment

oven

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Blend softened cream cheese and 1/2 cup butter or margarine. Stir in 1 cup flour and mix well.
- Shape 2 dozen-1 inch balls.
- Place in tiny ungreased muffin pans and press onto the bottom and sides of tins.
- To Make Filling: Beat egg, sugar, 1 tablespoon butter, salt, vanilla and nuts until smooth. Fill pastry cups and bake until filling is set, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:7.17, Glycemic Load:3.09, Inflammation Score:-2, Nutrition Score:3.7417391169333%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg

Nutrients (% of daily need)

Calories: 139.16kcal (6.96%), Fat: 9.33g (14.36%), Saturated Fat: 1.78g (11.12%), Carbohydrates: 12.51g (4.17%), Net Carbohydrates: 11.6g (4.22%), Sugar: 7.14g (7.93%), Cholesterol: 11.65mg (3.88%), Sodium: 43.98mg (1.91%), Alcohol: 0.06g (100%), Alcohol %: 0.25% (100%), Protein: 2.73g (5.46%), Manganese: 0.43mg (21.48%), Copper: 0.19mg (9.68%), Folate: 21.95µg (5.49%), Vitamin B1: 0.08mg (5.42%), Phosphorus: 52.83mg (5.28%), Magnesium: 20.31mg (5.08%), Selenium: 3.28µg (4.68%), Iron: 0.66mg (3.66%), Fiber: 0.9g (3.61%), Vitamin B6: 0.07mg (3.57%), Vitamin B2: 0.06mg (3.51%), Zinc: 0.43mg (2.88%), Vitamin B3: 0.45mg (2.24%), Calcium: 22.27mg (2.23%), Potassium: 72.48mg (2.07%), Vitamin A: 74.34IU (1.49%), Vitamin B5: 0.15mg (1.46%)