



Tiny Caramel Tarts

READY IN



270 min.

SERVINGS



48

CALORIES



251 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter cold sliced
- ☐ 48 servings cream cheese pastry shells
- ☐ 4 egg yolks
- ☐ 6 tablespoons flour all-purpose
- ☐ 2 cups milk
- ☐ 2 cups sugar divided
- ☐ 48 servings whipped cream sweetened

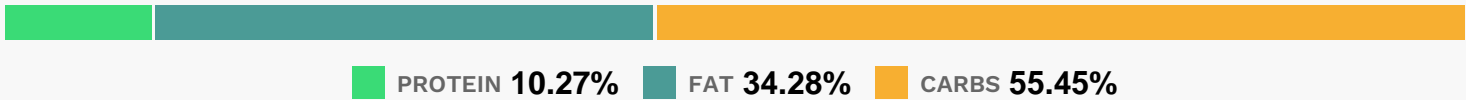
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Cook 1 cup sugar in a medium-size heavy skillet over medium heat, stirring constantly, 6 to 8 minutes or until sugar melts and turns golden brown. Stir in butter until melted.
- ☐ Whisk together flour, egg yolks, milk, and remaining 1 cup sugar in a 3-qt. heavy saucepan; bring just to a simmer over low heat, whisking constantly.
- ☐ Add sugar mixture to flour mixture, and cook, whisking constantly, 1 to 2 minutes or until thickened. Cover and chill 4 hours.
- ☐ Meanwhile, prepare Cream Cheese Pastry Shells. Spoon caramel mixture into pastry shells, and top with whipped cream.

Nutrition Facts



Properties

Glycemic Index:6.76, Glycemic Load:16.01, Inflammation Score:-3, Nutrition Score:7.3695651535755%

Nutrients (% of daily need)

Calories: 250.82kcal (12.54%), Fat: 9.65g (14.85%), Saturated Fat: 5.24g (32.78%), Carbohydrates: 35.11g (11.7%), Net Carbohydrates: 35.09g (12.76%), Sugar: 16.09g (17.88%), Cholesterol: 98.97mg (32.99%), Sodium: 138.81mg (6.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.51g (13.01%), Calcium: 217.28mg (21.73%), Phosphorus: 206.34mg (20.63%), Vitamin B2: 0.34mg (20.18%), Selenium: 9.97µg (14.24%), Vitamin B12: 0.84µg (13.98%), Vitamin D: 1.91µg (12.73%), Vitamin B5: 1.09mg (10.93%), Potassium: 319.31mg (9.12%), Vitamin A: 394.91IU (7.9%), Vitamin B1: 0.1mg (6.94%), Magnesium: 24.77mg (6.19%), Zinc: 0.83mg (5.51%), Vitamin B6: 0.1mg (5.23%), Folate: 16.85µg (4.21%), Iron: 0.57mg (3.17%), Copper: 0.05mg (2.3%), Vitamin E: 0.22mg (1.48%), Vitamin B3: 0.26mg (1.29%)