



Tiny Tarts

READY IN



120 min.

SERVINGS



24

CALORIES



114 kcal

DESSERT

Ingredients

- 0.8 cup brown sugar packed
- 0.5 cup butter softened
- 3 ounce cream cheese softened
- 1 eggs
- 1 cup flour all-purpose
- 1 tablespoon butter melted
- 0.5 cup pecans chopped

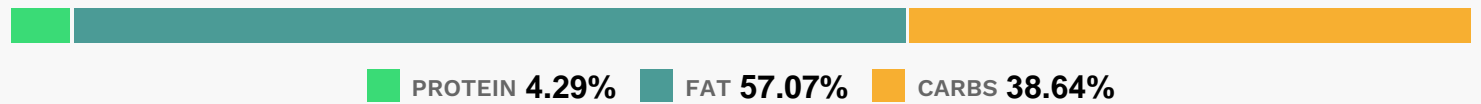
Equipment

- oven
- wire rack
- muffin liners

Directions

- Preheat the oven to 325 degrees F (165 degrees C).
- Beat softened margarine or butter and cream cheese until thoroughly combined. Stir in flour.
- Using 24 ungreased 1 3/4 inch mini muffin cups, press a rounded teaspoon of pastry evenly into the bottom and up the sides of each cup.
- To Make The Filling: Beat the egg and mix in the brown sugar, melted margarine or butter and the chopped pecans.
- Fill each pastry-lined muffin cup with about 1 heaping teaspoon of pecan filling.
- Bake at 325 degrees F (165 degrees C) for about 30 minutes or until pastry is golden and filling is puffed. Cool slightly in the muffin cups, then remove and cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:2.94, Inflammation Score:-2, Nutrition Score:1.8891304309439%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 113.9kcal (5.7%), Fat: 7.38g (11.36%), Saturated Fat: 3.45g (21.56%), Carbohydrates: 11.25g (3.75%), Net Carbohydrates: 10.89g (3.96%), Sugar: 6.92g (7.68%), Cholesterol: 20.57mg (6.86%), Sodium: 51.67mg (2.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.5%), Manganese: 0.14mg (7.15%), Selenium: 2.85µg

(4.07%), Vitamin A: 197.81IU (3.96%), Vitamin B1: 0.06mg (3.85%), Folate: 11.43µg (2.86%), Vitamin B2: 0.05mg (2.77%), Iron: 0.38mg (2.14%), Phosphorus: 20.88mg (2.09%), Copper: 0.04mg (2%), Vitamin B3: 0.35mg (1.74%), Fiber: 0.36g (1.43%), Vitamin E: 0.21mg (1.42%), Calcium: 13.85mg (1.39%), Magnesium: 5.16mg (1.29%), Zinc: 0.19mg (1.25%), Vitamin B5: 0.11mg (1.05%)