

Walnut Cups

 Vegetarian

READY IN



60 min.

SERVINGS



24

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup brown sugar
- 1 tablespoon butter
- 3 ounce cream cheese
- 1 eggs
- 1 cup flour all-purpose
- 1 teaspoon vanilla extract
- 0.8 cup walnut pieces chopped

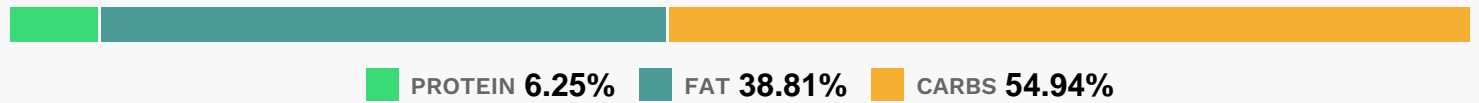
Equipment

- bowl
- oven
- muffin liners

Directions

- Preheat the oven to 375 degrees F (190 degrees C). Line mini muffin pans with paper liners.
- In a medium bowl, stir together the cream cheese, 1/2 cup butter and flour until a dough forms.
- Roll into 1 inch balls and press them into the bottom and up the sides of the prepared muffin cups.
- In a small bowl, blend together the egg, butter, vanilla and brown sugar until smooth. Stir in walnuts. Spoon the mixture into the muffin cups, but do not fill all the way to the top or the mixture will bubble over.
- Bake for 15 to 20 minutes in the preheated oven, until the crusts are golden.

Nutrition Facts



Properties

Glycemic Index:7.17, Glycemic Load:2.98, Inflammation Score:-1, Nutrition Score:2.0239130120886%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

Nutrients (% of daily need)

Calories: 97.39kcal (4.87%), Fat: 4.3g (6.62%), Saturated Fat: 1.31g (8.16%), Carbohydrates: 13.7g (4.57%), Net Carbohydrates: 13.31g (4.84%), Sugar: 9.16g (10.18%), Cholesterol: 11.65mg (3.88%), Sodium: 20.24mg (0.88%), Alcohol: 0.06g (100%), Alcohol %: 0.3% (100%), Protein: 1.56g (3.12%), Manganese: 0.17mg (8.37%), Selenium: 2.93µg (4.18%), Vitamin B1: 0.05mg (3.66%), Folate: 14.4µg (3.6%), Copper: 0.07mg (3.6%), Vitamin B2: 0.05mg (2.83%), Phosphorus: 26.21mg (2.62%), Iron: 0.45mg (2.5%), Magnesium: 8.32mg (2.08%), Vitamin B3: 0.36mg (1.82%), Calcium: 16.6mg (1.66%), Vitamin B6: 0.03mg (1.54%), Fiber: 0.39g (1.54%), Vitamin A: 72.8IU (1.46%), Zinc: 0.19mg (1.3%), Potassium: 41.48mg (1.19%), Vitamin B5: 0.1mg (1.05%)