



## Walnut Tartlets

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



558 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 teaspoon aniseed whole
- 0.3 cup brown sugar packed ()
- 0.3 cup honey
- 1 teaspoon orange zest grated
- 6 servings pastry crust
- 0.5 cup sugar
- 1.8 cups walnuts toasted chopped
- 1 cup whipping cream

## Equipment

- frying pan
- baking sheet
- sauce pan
- oven

## Directions

- Preheat oven to 400°F.
- Roll out 1 pastry disk on floured surface to 6-inch round.
- Transfer to 4 1/2-inch-diameter tartlet pan with removable bottom. Press crust onto bottom and up sides of pan; trim overhang to 1/2 inch. Fold overhang in and press, forming double-thick sides. Repeat with remaining dough disks and 5 more pans. Chill crusts while making filling.
- Stir cream and next 5 ingredients in heavy medium saucepan over medium-low heat until sugar dissolves. Increase heat; boil until mixture bubbles thickly and color darkens slightly, about 6 minutes.
- Remove from heat; stir in walnuts.
- Place crusts on baking sheet. Divide filling among crusts.
- Bake tartlets until filling bubbles thickly and crusts are golden, about 25 minutes. Cool tartlets in pans on rack 5 minutes.
- Remove pan sides while tartlets are still warm.
- Serve slightly warm or at room temperature.

## Nutrition Facts



**PROTEIN 5.31%** **FAT 58.25%** **CARBS 36.44%**

## Properties

Glycemic Index:30.89, Glycemic Load:21.85, Inflammation Score:-6, Nutrition Score:11.469130526418%

## Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg

## Nutrients (% of daily need)

Calories: 557.68kcal (27.88%), Fat: 37.79g (58.14%), Saturated Fat: 11.5g (71.85%), Carbohydrates: 53.19g (17.73%), Net Carbohydrates: 50.46g (18.35%), Sugar: 39.2g (43.56%), Cholesterol: 44.82mg (14.94%), Sodium: 106.5mg (4.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.75g (15.5%), Manganese: 1.28mg (63.88%), Copper: 0.58mg (28.93%), Phosphorus: 157.06mg (15.71%), Magnesium: 61.01mg (15.25%), Vitamin B1: 0.23mg (15.2%), Folate: 52.24µg (13.06%), Vitamin A: 591.84IU (11.84%), Vitamin B2: 0.2mg (11.76%), Fiber: 2.74g (10.94%), Selenium: 7.62µg (10.89%), Vitamin B6: 0.21mg (10.58%), Iron: 1.84mg (10.22%), Zinc: 1.29mg (8.59%), Calcium: 71.95mg (7.19%), Potassium: 225.21mg (6.43%), Vitamin B3: 1.22mg (6.08%), Vitamin D: 0.63µg (4.23%), Vitamin E: 0.62mg (4.13%), Vitamin B5: 0.38mg (3.78%), Vitamin K: 2.67µg (2.54%), Vitamin C: 1.24mg (1.5%), Vitamin B12: 0.06µg (1.06%)