



Zamaani's Nutty Yam Tartlets

 Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup t brown sugar dark packed
- ☐ 0.3 cup butter
- ☐ 0.3 cup coconut milk
- ☐ 3 large eggs lightly beaten
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.3 cup honey

- ☐ 1 teaspoon rum dark light
- ☐ 1 cup pecans toasted chopped
- ☐ 0.5 cup sugar
- ☐ 2 pounds sweet potatoes and into
- ☐ 0.3 cup coconut sweetened flaked
- ☐ 40 ounce phyllo tart shells frozen
- ☐ 0.3 teaspoon vanilla extract
- ☐ 48 servings whipped cream

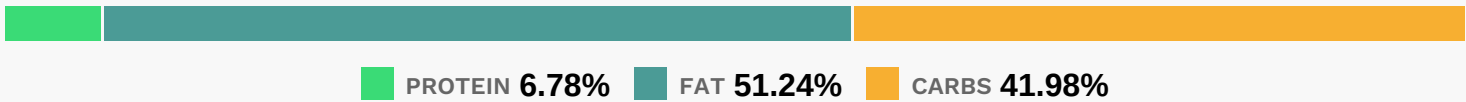
Equipment

- ☐ oven
- ☐ potato masher
- ☐ dutch oven

Directions

- ☐ Cook potatoes in boiling water to cover in a Dutch oven 1 hour or until tender; drain. Peel potatoes, and discard skins.
- ☐ Mash potatoes with a potato masher. Stir in butter until melted. Stir in eggs and next 11 ingredients, blending well. Spoon about 2 tablespoons mixture into each tart shell.
- ☐ Bake at 350 for 45 minutes or until set. Store in an airtight container in freezer, if desired.
- ☐ Serve tartlets with whipped cream.
- ☐ * 2 unbaked 9-inch pastry shells may be substituted. Spoon potato mixture evenly into pastry shells; bake as directed.

Nutrition Facts



Properties

Glycemic Index:9.32, Glycemic Load:4.56, Inflammation Score:-9, Nutrition Score:5.1343478327212%

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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 200.4kcal (10.02%), Fat: 11.45g (17.61%), Saturated Fat: 4.5g (28.12%), Carbohydrates: 21.1g (7.03%), Net Carbohydrates: 19.13g (6.96%), Sugar: 8.42g (9.35%), Cholesterol: 21.85mg (7.28%), Sodium: 96.24mg (4.18%), Alcohol: 0.04g (100%), Alcohol %: 0.08% (100%), Protein: 3.41g (6.81%), Vitamin A: 2782.93IU (55.66%), Iron: 2.53mg (14.04%), Manganese: 0.17mg (8.68%), Fiber: 1.97g (7.87%), Copper: 0.07mg (3.28%), Phosphorus: 29.13mg (2.91%), Potassium: 95.91mg (2.74%), Vitamin B6: 0.05mg (2.71%), Vitamin B5: 0.25mg (2.45%), Magnesium: 9.77mg (2.44%), Vitamin B1: 0.03mg (2.25%), Vitamin B2: 0.03mg (2.02%), Selenium: 1.37µg (1.96%), Calcium: 17.98mg (1.8%), Zinc: 0.24mg (1.6%), Vitamin E: 0.19mg (1.26%), Folate: 4.54µg (1.14%)