



Angel "Tarts

 Gluten Free

READY IN



55 min.

SERVINGS



55

CALORIES



17 kcal

DESSERT

Ingredients

- 1 tsp calumet baking powder
- 8 chocolate cookie white chunk quartered (2-inch)
- 3 egg whites
- 1.5 cups raspberries
- 1.5 cups strawberries sliced
- 0.7 cup sugar
- 1 cup cool whip lite whipped topping thawed

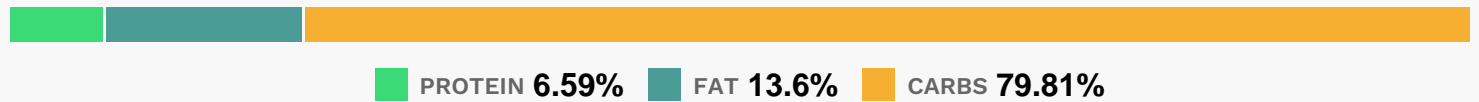
Equipment

- bowl
- baking sheet
- oven
- hand mixer

Directions

- Preheat oven to 325F. Beat egg whites in medium bowl with electric mixer on high speed until soft peaks form. Gradually add combined sugar and baking powder, beating until stiff and glossy. Spoon or pipe into 8 (4-inch) rounds on parchment-covered baking sheet, building up sides of each circle to form a shell.
- Bake 20 to 25 min. or until lightly browned. Cool completely on baking sheet.
- Spoon whipped topping into "tart" shells just before serving; fill evenly with the cookie pieces and fruit.

Nutrition Facts



Properties

Glycemic Index:5.42, Glycemic Load:1.91, Inflammation Score:-1, Nutrition Score:0.56782608074339%

Flavonoids

Cyanidin: 1.56mg, Cyanidin: 1.56mg, Cyanidin: 1.56mg, Cyanidin: 1.56mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 1.01mg, Pelargonidin: 1.01mg, Pelargonidin: 1.01mg, Pelargonidin: 1.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 17.03kcal (0.85%), Fat: 0.27g (0.41%), Saturated Fat: 0.18g (1.15%), Carbohydrates: 3.55g (1.18%), Net Carbohydrates: 3.26g (1.19%), Sugar: 3.18g (3.53%), Cholesterol: 0.06mg (0.02%), Sodium: 13.56mg (0.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.59%), Vitamin C: 3.17mg (3.84%), Manganese: 0.04mg (1.87%), Fiber: 0.29g (1.17%)