



Apple-Huckleberry Tarts

READY IN



45 min.

SERVINGS



6

CALORIES



218 kcal

Ingredients

- ☐ 6 servings butter
- ☐ 6 servings flour
- ☐ 6 servings milk
- ☐ 6 servings salt
- ☐ 6 servings shortening

Equipment

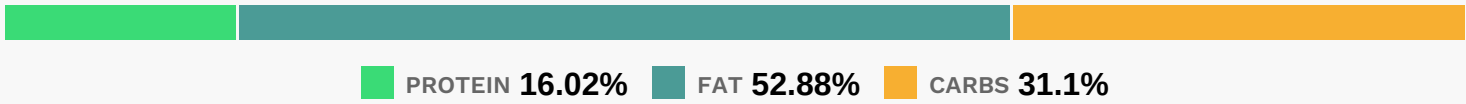
- ☐ bowl
- ☐ baking sheet
- ☐ oven

☐ blender

Directions

- ☐ Combine flour and salt in a medium bowl; cut in butter and shortening with a pastry blender until mixture is crumbly.
- ☐ Sprinkle milk, 1 tablespoon at a time, evenly over surface; stir with a fork until dry ingredients are moistened. Shape into a ball; roll pastry to 1/8-inch thickness on a lightly floured surface.
- ☐ Cut dough into 6 (5-inch) circles; fit into 6 (4-inch) tart pans with removable bottoms. Prick bottoms of tart shells with a fork; place on a baking sheet.
- ☐ Bake at 450

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:8.47, Inflammation Score:-4, Nutrition Score:9.1939130762349%

Nutrients (% of daily need)

Calories: 218.39kcal (10.92%), Fat: 12.94g (19.9%), Saturated Fat: 7.37g (46.06%), Carbohydrates: 17.12g (5.71%), Net Carbohydrates: 16.92g (6.15%), Sugar: 11.76g (13.07%), Cholesterol: 40.03mg (13.34%), Sodium: 318.85mg (13.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.82g (17.64%), Calcium: 302.58mg (30.26%), Phosphorus: 255.74mg (25.57%), Vitamin B12: 1.33µg (22.1%), Vitamin B2: 0.38mg (22.09%), Vitamin D: 2.68µg (17.89%), Vitamin B1: 0.2mg (13.06%), Potassium: 375.27mg (10.72%), Vitamin A: 520.23IU (10.4%), Selenium: 7.23µg (10.33%), Vitamin B5: 0.96mg (9.55%), Magnesium: 31.03mg (7.76%), Vitamin B6: 0.15mg (7.61%), Zinc: 1.06mg (7.05%), Vitamin B3: 0.7mg (3.51%), Folate: 13.88µg (3.47%), Manganese: 0.06mg (3.07%), Vitamin E: 0.3mg (2.03%), Iron: 0.35mg (1.95%), Vitamin K: 1.64µg (1.56%)