



Apple Pie Tassies

READY IN



40 min.

SERVINGS



40

CALORIES



25 kcal

Ingredients

- ☐ 1 cup apple cider
- ☐ 1 cinnamon sticks
- ☐ 0.3 cup cranberries dried finely chopped
- ☐ 30 athens phyllo shells frozen thawed
- ☐ 3.5 cups delicious apples diced cored peeled finely
- ☐ 1 pinch salt
- ☐ 2 tablespoons butter unsalted

Equipment

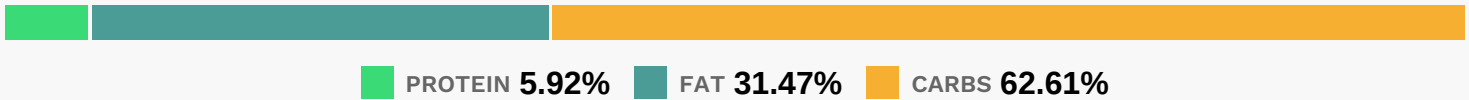
- ☐ frying pan

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Place a rack in middle of oven; preheat to 400F. Line a baking sheet with parchment and place tartlet shells on it.
- ☐ In a medium pan, bring cider and cinnamon stick to a boil over high heat. Boil until cider has reduced to 1/4 cup, about 7 minutes. Stir in apples, butter and salt. Continue boiling, stirring occasionally, until almost all liquid has evaporated and apples are tender, about 5 minutes. Discard cinnamon stick. Stir in cranberries.
- ☐ Divide apple mixture among tartlet shells, using about 2 tsp. for each. (You may have some filling left over; cover and refrigerate. Use to top yogurt or oatmeal.)
- ☐ Bake until shells are golden brown and crisp, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:1.94, Glycemic Load:0.67, Inflammation Score:-1, Nutrition Score:0.3226086979165%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 25.08kcal (1.25%), Fat: 0.97g (1.49%), Saturated Fat: 0.36g (2.28%), Carbohydrates: 4.33g (1.44%), Net Carbohydrates: 3.97g (1.44%), Sugar: 2.26g (2.51%), Cholesterol: 1.5mg (0.5%), Sodium: 6.9mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.82%), Fiber: 0.36g (1.44%), Manganese: 0.03mg (1.28%)