

Apple Tartlets

 Vegetarian

READY IN

ready

25 min.

SERVINGS

servings

12

CALORIES

calories

344 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup apricot preserves
- ☐ 12 pats butter unsalted
- ☐ 0.5 cup pink lemonade kool-aid
- ☐ 17.5 ounce puff pastry frozen thawed
- ☐ 6 apples red thinly sliced
- ☐ 0.5 cup caster sugar
- ☐ 1 pinch coarse sugar crystals or as needed

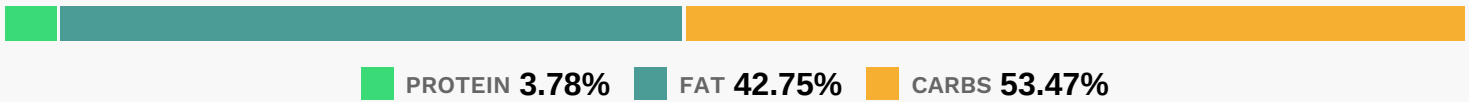
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Cut puff pastry into 12 equally-sized squares and arrange on a baking sheet.
- ☐ Dip apple slices in lemonade and place diagonally onto each puff pastry square; top each with 1 pat butter.
- ☐ Sprinkle superfine sugar over each square.
- ☐ Bake in the preheated oven until tartlet edges are golden, about 12 minutes.
- ☐ Bring apricot jam to boil a saucepan; cook and stir until jam is thinned, 1 to 2 minutes.
- ☐ Brush jam onto warm tartlets; sprinkle each with sugar crystals.

Nutrition Facts



Properties

Glycemic Index:24.39, Glycemic Load:20.09, Inflammation Score:-3, Nutrition Score:5.3269565444764%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.88mg, Epicatechin: 6.88mg, Epicatechin: 6.88mg, Epicatechin: 6.88mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg

Nutrients (% of daily need)

Calories: 343.54kcal (17.18%), Fat: 16.76g (25.79%), Saturated Fat: 4.53g (28.29%), Carbohydrates: 47.18g (15.73%), Net Carbohydrates: 44.35g (16.13%), Sugar: 23.61g (26.24%), Cholesterol: 2.15mg (0.72%), Sodium: 108.61mg

(4.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.66%), Selenium: 10.26µg (14.66%), Vitamin B1: 0.18mg (12%), Manganese: 0.24mg (11.9%), Fiber: 2.83g (11.33%), Vitamin B3: 1.81mg (9.05%), Folate: 35.11µg (8.78%), Vitamin B2: 0.14mg (8.52%), Vitamin K: 8.73µg (8.31%), Iron: 1.22mg (6.78%), Vitamin C: 5.05mg (6.13%), Copper: 0.08mg (4.12%), Potassium: 130.59mg (3.73%), Phosphorus: 35.35mg (3.54%), Magnesium: 11.58mg (2.89%), Vitamin E: 0.42mg (2.82%), Vitamin B6: 0.05mg (2.4%), Vitamin A: 94.75IU (1.9%), Zinc: 0.26mg (1.75%), Calcium: 11.89mg (1.19%)