



Apricot-Cranberry Tarts

READY IN



45 min.

SERVINGS



36

CALORIES



98 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.5 cup rum dark
- ☐ 1 cup apricots dried chopped
- ☐ 1 cup golden raisins
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 3 tablespoons honey
- ☐ 0.5 cup pineapple juice
- ☐ 15 ounce pie dough refrigerated (such as Pillsbury)
- ☐ 0.1 teaspoon salt

☐ 0.5 cup cranberries dried sweetened

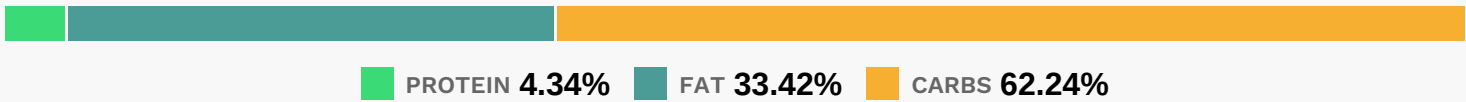
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Preheat oven to 42
- ☐ Roll each dough portion into a 12-inch circle on a lightly floured surface.
- ☐ Cut the dough into 36 circles with a 2 1/2-inch round cutter. Press 1 dough circle into each of 36 miniature muffin cups. Press into the bottoms and up the sides of muffin cups.
- ☐ Bake at 425 for 7 minutes or until lightly browned.
- ☐ Remove from pans; cool on wire racks.
- ☐ Combine apricots and next 4 ingredients (apricots through juice) in a small saucepan; bring to a boil. Reduce heat; simmer 10 minutes or until liquid is absorbed. Stir in honey and remaining ingredients. Cool. Spoon about 2 teaspoons apricot mixture into each pastry shell.

Nutrition Facts



Properties

Glycemic Index:7.18, Glycemic Load:3.33, Inflammation Score:-1, Nutrition Score:1.6778260758552%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 97.61kcal (4.88%), Fat: 3.45g (5.31%), Saturated Fat: 1.17g (7.33%), Carbohydrates: 14.48g (4.83%), Net Carbohydrates: 13.65g (4.96%), Sugar: 7.3g (8.11%), Cholesterol: 0.84mg (0.28%), Sodium: 59.99mg (2.61%), Alcohol: 1.11g (100%), Alcohol %: 4.72% (100%), Protein: 1.01g (2.02%), Manganese: 0.1mg (4.93%), Fiber: 0.83g

(3.31%), Vitamin A: 140.19IU (2.8%), Iron: 0.5mg (2.79%), Potassium: 89.61mg (2.56%), Vitamin B3: 0.48mg (2.39%), Vitamin B1: 0.04mg (2.38%), Folate: 9.39µg (2.35%), Copper: 0.04mg (2.03%), Vitamin B2: 0.03mg (1.91%), Vitamin E: 0.26mg (1.74%), Phosphorus: 16.4mg (1.64%), Vitamin B6: 0.03mg (1.42%), Vitamin K: 1.28µg (1.22%), Magnesium: 4.85mg (1.21%), Selenium: 0.81µg (1.16%)