



Arya's Snitched Tarts



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



50

CALORIES



233 kcal

DESSERT

Ingredients

- ☐ 50 servings candied pineapple crumbled (optional, but delicious)
- ☐ 0.5 cup currants
- ☐ 0.5 cup prune- cut to pieces chopped
- ☐ 1 cup figs fresh diced your favorite (if not, substitute berries)
- ☐ 1.5 cups honey
- ☐ 0.5 cup red wine vinegar
- ☐ 50 servings vegetable oil for frying
- ☐ 1 bottle red wine sweet such as a shiraz

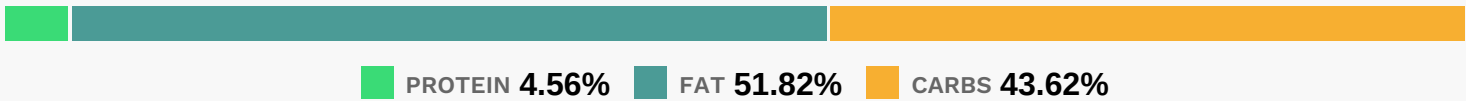
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Bring the wine and honey to a boil, then reduce the heat and skim off the foam until the liquid is clear.
- ☐ Add the vinegar, poudre forte, and fruits; return the mixture to a boil, then reduce the heat to a low simmer. Keep an eye on the fruit as you proceed—do not overreduce it! The syrup should lightly coat the back of a spoon and reduce by about a third to a half.
- ☐ Roll the sweet dough to about 1/4-inch thickness on a floured board, then use a circular cutter or drinking glass to cut out circles about 2 inches in diameter.
- ☐ Pour a shallow layer of oil into a skillet or pan and place it over medium-high heat until hot. Working a few at a time, gently slip dough circles into the oil and fry until they are lightly browned and very crisp.
- ☐ Transfer the fried circles to paper towels to drain. Arrange the cakes on a serving platter, then spoon on just enough of the fruit mixture to cover each disk.
- ☐ Sprinkle with candied nuts. The yellowish cakes and the red topping make an interesting contrast in colors, and the wine will soften the cakes.

Nutrition Facts



Properties

Glycemic Index:3.05, Glycemic Load:5.48, Inflammation Score:-1, Nutrition Score:1.576956535811%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Hesperetin: 0.09mg,

Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 233.33kcal (11.67%), Fat: 13g (20.01%), Saturated Fat: 0.43g (2.71%), Carbohydrates: 24.63g (8.21%), Net Carbohydrates: 22.57g (8.21%), Sugar: 20.03g (22.26%), Cholesterol: 0mg (0%), Sodium: 127.31mg (5.54%), Alcohol: 1.59g (100%), Alcohol %: 2.66% (100%), Protein: 2.57g (5.15%), Fiber: 2.06g (8.26%), Vitamin K: 6.76µg (6.44%), Iron: 0.78mg (4.34%), Manganese: 0.06mg (2.81%), Calcium: 25.6mg (2.56%), Potassium: 69.46mg (1.98%), Vitamin E: 0.25mg (1.66%), Magnesium: 5.36mg (1.34%), Copper: 0.02mg (1.16%), Vitamin B6: 0.02mg (1.1%)