

Berry Crumb Tarts

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



624 kcal

DESSERT

Ingredients

- 21 ounce peach pie filling canned
- 2 tablespoons butter
- 0.3 cup flour all-purpose
- 0.3 teaspoon ground cinnamon
- 1 package puff pastry shells pepperidge farm®
- 2 tablespoons sugar

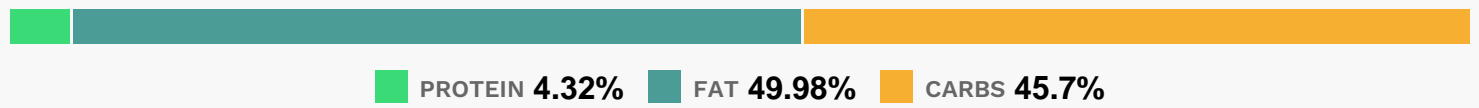
Equipment

- oven

Directions

- Bake pastry shells according to package directions.
- Mix flour, sugar, cinnamon and butter until crumbs form.
- Spoon about 1/3 cup pie filling into each pastry shell. Top with crumb mixture.
- Bake at 400 degrees F for 5 minutes.
- Let cool.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:34.35, Glycemic Load:26.57, Inflammation Score:-4, Nutrition Score:9.3291305128647%

Nutrients (% of daily need)

Calories: 623.64kcal (31.18%), Fat: 35.05g (53.93%), Saturated Fat: 8.67g (54.16%), Carbohydrates: 72.12g (24.04%), Net Carbohydrates: 69.67g (25.34%), Sugar: 18.31g (20.34%), Cholesterol: 0mg (0%), Sodium: 294.18mg (12.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.82g (13.65%), Selenium: 22.44µg (32.06%), Vitamin B1: 0.39mg (26.13%), Manganese: 0.49mg (24.37%), Vitamin B3: 3.85mg (19.25%), Folate: 76.46µg (19.11%), Vitamin B2: 0.28mg (16.4%), Iron: 2.71mg (15.05%), Vitamin K: 13.69µg (13.04%), Fiber: 2.45g (9.8%), Copper: 0.16mg (7.91%), Phosphorus: 64.57mg (6.46%), Vitamin E: 0.63mg (4.21%), Magnesium: 16.77mg (4.19%), Vitamin A: 191.8IU (3.84%), Zinc: 0.52mg (3.49%), Potassium: 104.3mg (2.98%), Vitamin C: 1.7mg (2.06%), Vitamin B6: 0.04mg (1.83%), Calcium: 15.45mg (1.55%)