



Berry Rhubarb Hand Tarts

READY IN



35 min.

SERVINGS



4

CALORIES



1032 kcal

DESSERT

Ingredients

- 1 tablespoon butter
- 0.5 cup rhubarb fresh finely chopped
- 0.5 cup berries mixed frozen
- 0.3 cup sugar
- 2 tablespoons cornstarch
- 14.1 oz pie crust dough refrigerated softened (2 Count)
- 16 oz vanilla frosting
- 0.3 teaspoon purple gel food coloring
- 0.3 teaspoon purple gel food coloring

Equipment

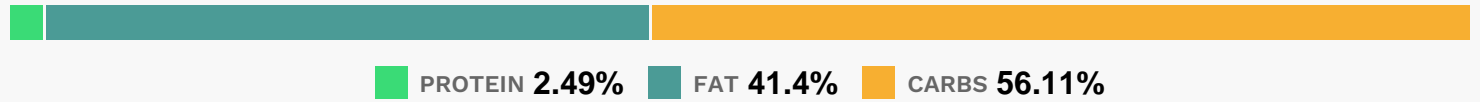
- baking sheet
- sauce pan
- baking paper
- oven
- whisk
- ziploc bags
- microwave
- cutting board
- pizza cutter

Directions

- Heat oven to 400°F. Line cookie sheet with cooking parchment paper.
- In 1-quart saucepan, place butter, rhubarb, berries and sugar. Simmer over medium heat about 5 minutes, stirring occasionally, until rhubarb is softened. With whisk, quickly stir in cornstarch. Cook until mixture is thickened.
- Remove from heat; set aside.
- On large cutting board, unroll pie crusts. Using pizza cutter, cut each pie crust into 1 large square.
- Cut each large square into 4 smaller squares.
- Spoon 1/4 cup berry-rhubarb mixture onto center of 4 crust squares. Gently place second crust square on top of each. With fork, press edges to seal and form tart.
- Place tarts on cookie sheet.
- Bake 10 to 12 minutes or until edges are golden brown.
- Into 1 small resealable food-storage plastic bag, place 1/4 cup frosting; place remaining 1/4 cup frosting in another bag.
- Add pink gel food color to one bag; add purple gel food color to other bag.
- Microwave bags on High about 10 seconds or until frosting is melted. Knead each bag to spread color throughout frosting.

Cut off tiny bottom corner from each bag; drizzle frosting over warm hand tarts.

Nutrition Facts



Properties

Glycemic Index:44.02, Glycemic Load:41.89, Inflammation Score:-3, Nutrition Score:10.402173834326%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Petunidin: 3.52mg, Petunidin: 3.52mg, Petunidin: 3.52mg, Petunidin: 3.52mg Delphinidin: 4.18mg, Delphinidin: 4.18mg, Delphinidin: 4.18mg, Delphinidin: 4.18mg Malvidin: 9.62mg, Malvidin: 9.62mg, Malvidin: 9.62mg, Malvidin: 9.62mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 1032.24kcal (51.61%), Fat: 47.46g (73.01%), Saturated Fat: 13.34g (83.37%), Carbohydrates: 144.74g (48.25%), Net Carbohydrates: 141.41g (51.42%), Sugar: 85.84g (95.37%), Cholesterol: 7.53mg (2.51%), Sodium: 641.17mg (27.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.41g (12.83%), Vitamin B2: 0.53mg (31.04%), Vitamin K: 29.93µg (28.5%), Manganese: 0.5mg (25.13%), Folate: 81.55µg (20.39%), Vitamin B1: 0.3mg (19.71%), Vitamin E: 2.41mg (16.07%), Iron: 2.87mg (15.97%), Vitamin B3: 3.1mg (15.48%), Fiber: 3.33g (13.33%), Phosphorus: 97.99mg (9.8%), Selenium: 6.22µg (8.88%), Potassium: 191.08mg (5.46%), Vitamin B5: 0.51mg (5.08%), Magnesium: 19.11mg (4.78%), Copper: 0.09mg (4.37%), Calcium: 38.1mg (3.81%), Zinc: 0.56mg (3.76%), Vitamin B6: 0.07mg (3.26%), Vitamin A: 112.93IU (2.26%), Vitamin C: 1.7mg (2.07%)