



## Blackberry-Lime Tartlets

READY IN



25 min.

SERVINGS



6

CALORIES



138 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 teaspoons agar powder
- 0.3 cup apple juice
- 6 ounces blackberries
- 0.3 cup brown sugar organic
- 1 tablespoon juice of lime fresh
- 0.3 teaspoon lime zest grated
- 24 athens phyllo shells mini (in your grocer's freezer case)
- 1 cup vanilla-flavored soy yogurt plain

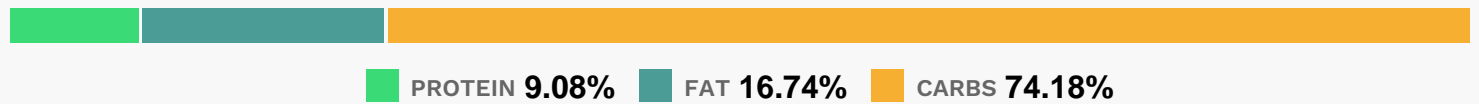
## Equipment

- sauce pan

## Directions

- Put the apple juice and sugar into a small sauce pan and heat it, stirring, until the sugar dissolves.
- Sprinkle the agar powder over the juice and continue to heat until the agar completely dissolves.
- Remove from the heat and pour into the yogurt mixture, stirring well. Divide the yogurt equally among the phyllo shells. Refrigerate the shells until the filling has chilled and set, about an hour.
- Place blackberries on top and serve.

## Nutrition Facts



## Properties

Glycemic Index:16.29, Glycemic Load:0.77, Inflammation Score:-2, Nutrition Score:2.9056521783704%

## Flavonoids

Cyanidin: 28.34mg, Cyanidin: 28.34mg, Cyanidin: 28.34mg, Cyanidin: 28.34mg Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 10.64mg, Catechin: 10.64mg, Catechin: 10.64mg, Catechin: 10.64mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

## Nutrients (% of daily need)

Calories: 137.69kcal (6.88%), Fat: 2.76g (4.25%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 27.57g (9.19%), Net Carbohydrates: 25.88g (9.41%), Sugar: 16.28g (18.09%), Cholesterol: 0mg (0%), Sodium: 38.24mg (1.66%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.75%), Vitamin C: 11.81mg (14.32%), Manganese: 0.2mg (10.02%), Calcium: 69.72mg (6.97%), Fiber: 1.69g (6.76%), Vitamin K: 5.64µg (5.37%), Vitamin D: 0.49µg (3.28%), Copper: 0.05mg (2.73%), Vitamin E: 0.34mg (2.27%), Potassium: 76mg (2.17%), Magnesium: 7.75mg (1.94%), Folate: 7.66µg (1.91%), Iron: 0.28mg (1.58%), Vitamin A: 62.06IU (1.24%), Zinc: 0.16mg (1.07%), Vitamin B5: 0.1mg (1.04%), Vitamin B3: 0.21mg (1.04%)