



Blueberry Cream Cheese Tarts

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



325 kcal

DESSERT

Ingredients

- ☐ 21 ounce blueberry filling canned
- ☐ 16 ounce cream cheese softened
- ☐ 2 eggs
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract pure
- ☐ 12 vanilla wafers

Equipment

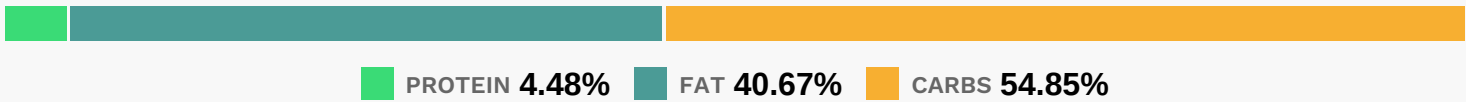
- ☐ oven

- ☐ hand mixer
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Place a paper cupcake liner in each cup of a muffin pan.
- ☐ Beat cream cheese with a handheld electric mixer until fluffy.
- ☐ Add sugar and vanilla, beating well.
- ☐ Add eggs, 1 at a time, beating well after each addition.
- ☐ Place a vanilla wafer, flat side down, in each muffin cup. Spoon cream cheese mixture over wafers.
- ☐ Bake for 20 minutes. Allow tarts to cool completely.
- ☐ Serve with blueberry filling on top, or pie filling of your choice.

Nutrition Facts



Properties

Glycemic Index:14.51, Glycemic Load:15.51, Inflammation Score:-3, Nutrition Score:3.9099999990152%

Nutrients (% of daily need)

Calories: 325.43kcal (16.27%), Fat: 14.9g (22.92%), Saturated Fat: 8.21g (51.29%), Carbohydrates: 45.2g (15.07%), Net Carbohydrates: 43.82g (15.93%), Sugar: 38.77g (43.08%), Cholesterol: 65.52mg (21.84%), Sodium: 159.37mg (6.93%), Alcohol: 0.11g (100%), Alcohol %: 0.12% (100%), Protein: 3.69g (7.38%), Vitamin A: 558.16IU (11.16%), Vitamin B2: 0.15mg (9.09%), Selenium: 5.8µg (8.29%), Phosphorus: 63.46mg (6.35%), Manganese: 0.11mg (5.72%), Fiber: 1.37g (5.5%), Calcium: 54.37mg (5.44%), Vitamin B5: 0.37mg (3.74%), Potassium: 122.94mg (3.51%), Copper: 0.07mg (3.45%), Vitamin E: 0.52mg (3.44%), Vitamin B1: 0.05mg (3.22%), Iron: 0.58mg (3.2%), Folate: 12.62µg (3.16%), Vitamin K: 2.75µg (2.62%), Vitamin B12: 0.15µg (2.47%), Vitamin B6: 0.05mg (2.41%), Magnesium: 9.28mg (2.32%), Zinc: 0.34mg (2.23%), Vitamin B3: 0.24mg (1.21%)