



## Blueberry Strawberry Compote over Lemon Tartlets

READY IN



250 min.

SERVINGS



8

CALORIES



593 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 10 ounce blueberries frozen (recommended: Dole)
- 16 ounce cream cheese
- 12 ounce ginger preserves (recommended: Robertson's)
- 4 ounces containers graham cracker pie crusts mini (recommended: Keebler)
- 1 cup lemon curd (recommended: Dickinson's)
- 2 tablespoons juice of lemon
- 1 tablespoon lemon zest
- 0.3 cup cooking tapioca quick

- 10 ounce strawberries frozen (recommended: Dole)
- 0.5 cup sugar
- 1 cup sugar
- 0.3 cup water

## Equipment

- bowl
- pot
- hand mixer
- slow cooker

## Directions

- Place all compote ingredients into a medium pot. Cover and cook on low until strawberries break down and sauce thickens, about 30 minutes. If using a slow cooker, cook on high setting for 1 1/2 to 2 1/2 hours.
- For the lemon tartlets: In a large bowl, combine all tartlet ingredients, except crusts.
- Using an electric mixer beat on medium speed until creamy, about 1 minute.
- Spread lemon mixture into mini pie crusts. Chill in refrigerator for 2 hours or until set.
- Serve warm compote over chilled tartlets.

## Nutrition Facts



## Properties

Glycemic Index: 32.77, Glycemic Load: 30.55, Inflammation Score: -7, Nutrition Score: 9.459130535955%

## Flavonoids

Cyanidin: 3.59mg, Cyanidin: 3.59mg, Cyanidin: 3.59mg, Cyanidin: 3.59mg Petunidin: 11.21mg, Petunidin: 11.21mg, Petunidin: 11.21mg, Petunidin: 11.21mg Delphinidin: 12.67mg, Delphinidin: 12.67mg, Delphinidin: 12.67mg, Delphinidin: 12.67mg Malvidin: 23.96mg, Malvidin: 23.96mg, Malvidin: 23.96mg, Malvidin: 23.96mg Pelargonidin: 8.81mg, Pelargonidin: 8.81mg, Pelargonidin: 8.81mg, Pelargonidin: 8.81mg Peonidin: 7.21mg, Peonidin: 7.21mg, Peonidin: 7.21mg, Peonidin: 7.21mg Catechin: 2.98mg, Catechin: 2.98mg, Catechin: 2.98mg, Catechin: 2.98mg

Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg  
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0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 3.13mg, Quercetin: 3.13mg,  
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## Nutrients (% of daily need)

Calories: 592.69kcal (29.63%), Fat: 26.29g (40.45%), Saturated Fat: 13.93g (87.08%), Carbohydrates: 86.78g  
(28.93%), Net Carbohydrates: 83.96g (30.53%), Sugar: 65.18g (72.43%), Cholesterol: 57.27mg (19.09%), Sodium:  
336.61mg (14.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.24g (12.48%), Vitamin C: 28.82mg  
(34.93%), Manganese: 0.54mg (27.19%), Vitamin A: 785.6IU (15.71%), Vitamin B2: 0.21mg (12.1%), Vitamin K: 11.94µg  
(11.37%), Fiber: 2.83g (11.31%), Phosphorus: 104.86mg (10.49%), Potassium: 354.65mg (10.13%), Copper: 0.18mg  
(9.01%), Selenium: 5.95µg (8.51%), Magnesium: 33.79mg (8.45%), Vitamin E: 1.17mg (7.82%), Folate: 30.47µg  
(7.62%), Calcium: 75.54mg (7.55%), Vitamin B6: 0.15mg (7.43%), Vitamin B3: 1.12mg (5.59%), Iron: 0.96mg (5.32%),  
Vitamin B5: 0.53mg (5.3%), Vitamin B1: 0.07mg (4.85%), Zinc: 0.72mg (4.8%), Vitamin B12: 0.12µg (2.08%)