



## Cappuccino Tarts

READY IN



45 min.

SERVINGS



12

CALORIES



40 kcal

DESSERT

### Ingredients

- 2 tablespoons coffee-flavored liqueur
- 2 eggs
- 2 teaspoons ground cinnamon
- 2 teaspoons coffee granules instant
- 1 cup milk
- 3 inch unbaked tart shells
- 1 tablespoon sugar white

### Equipment

- bowl
- sauce pan
- oven
- sieve

## Directions

- In a small bowl, beat together eggs, coffee liqueur, and sugar.
- In a small saucepan, combine milk and coffee granules; heat over medium high heat for 2 to 3 minutes, until milk is steaming and tiny bubbles appear around edge of saucepan. Beat milk into eggs. Strain egg mixture through sieve into a pitcher. Carefully pour egg mixture into tart shells, filling evenly (tarts will be very full).
- Sprinkle each tart with a little cinnamon.
- Bake at 350 degrees F (175 degrees) for 20 to 25 minutes, or until filling is set and tart shells are golden brown. Cool before serving.

## Nutrition Facts



## Properties

Glycemic Index:9.42, Glycemic Load:1.06, Inflammation Score:-1, Nutrition Score:1.5930434797445%

## Nutrients (% of daily need)

Calories: 39.55kcal (1.98%), Fat: 1.55g (2.38%), Saturated Fat: 0.69g (4.3%), Carbohydrates: 3.83g (1.28%), Net Carbohydrates: 3.63g (1.32%), Sugar: 3.21g (3.57%), Cholesterol: 29.87mg (9.96%), Sodium: 20.26mg (0.88%), Alcohol: 0.54g (100%), Alcohol %: 2.13% (100%), Caffeine: 5.23mg (1.74%), Protein: 1.69g (3.38%), Selenium: 2.67µg (3.82%), Vitamin B2: 0.06mg (3.65%), Phosphorus: 35.78mg (3.58%), Calcium: 32.7mg (3.27%), Manganese: 0.06mg (3.2%), Vitamin B12: 0.18µg (2.92%), Vitamin D: 0.37µg (2.47%), Vitamin B5: 0.19mg (1.9%), Vitamin A: 73.52IU (1.47%), Potassium: 47.98mg (1.37%), Vitamin B6: 0.03mg (1.27%), Iron: 0.22mg (1.24%), Zinc: 0.18mg (1.23%), Magnesium: 4.07mg (1.02%)