

Caramel Apple Pie Tartlets

READY IN

ready

45 min.

SERVINGS

servings

16

CALORIES

calories

122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups cooking apple diced peeled
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 cup butter softened
- ☐ 3 tablespoons caramel ice cream topping fat-free
- ☐ 1 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon juice of lemon

- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 1.5 teaspoons stick margarine
- ☐ 0.5 cup sugar
- ☐ 3 tablespoons sugar
- ☐ 1 teaspoon vanilla extract

Equipment

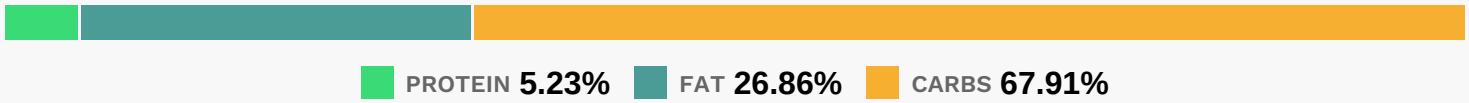
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ plastic wrap
- ☐ spatula
- ☐ muffin liners

Directions

- ☐ Preheat oven to 35
- ☐ Combine flour, baking powder, and salt in a small bowl; set aside. Beat sugar and butter at medium speed of a mixer until light and fluffy.
- ☐ Add vanilla and egg; beat well.
- ☐ Add flour mixture; beat at low speed until well blended. Shape dough into a ball, and wrap in plastic wrap; freeze 15 minutes. Divide dough into 16 equal portions. Gently press each dough portion into bottom and up sides of 16 (1 3/4 inch) miniature muffin cups coated with cooking spray; set aside.
- ☐ Melt butter in a large skillet over medium-high heat; add apple. Cook apple, stirring frequently, over medium-high heat 2 minutes.
- ☐ Add caramel and remaining 5 ingredients; mix well. Spoon filling evenly into shells.
- ☐ Bake at 350 for 22 minutes.

- ☐ Let cool in pans on wire racks. Loosen tartlets from sides of pans, using a knife or narrow metal spatula.
- ☐ Remove from pans; let cool completely on wire racks.

Nutrition Facts



Properties

Glycemic Index:29.32, Glycemic Load:12.45, Inflammation Score:-2, Nutrition Score:2.3026086986065%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 122.11kcal (6.11%), Fat: 3.71g (5.7%), Saturated Fat: 2.02g (12.62%), Carbohydrates: 21.08g (7.03%), Net Carbohydrates: 20.39g (7.41%), Sugar: 12.32g (13.69%), Cholesterol: 19.25mg (6.42%), Sodium: 112.63mg (4.9%), Alcohol: 0.09g (100%), Alcohol %: 0.23% (100%), Protein: 1.62g (3.25%), Selenium: 4.73µg (6.75%), Vitamin B1: 0.09mg (5.88%), Folate: 21.75µg (5.44%), Manganese: 0.09mg (4.66%), Vitamin B2: 0.07mg (4.38%), Iron: 0.59mg (3.3%), Vitamin B3: 0.65mg (3.26%), Fiber: 0.7g (2.79%), Vitamin A: 134.05IU (2.68%), Phosphorus: 24.69mg (2.47%), Calcium: 15.25mg (1.52%), Copper: 0.02mg (1.15%), Vitamin B5: 0.12mg (1.15%), Vitamin E: 0.17mg (1.12%), Potassium: 37.01mg (1.06%)