



Cherry-Cranberry Tartlets

 Dairy Free

READY IN



30 min.

SERVINGS



15

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 oz cranberries dried
- 0.3 cup sugar
- 0.3 cup rum light
- 1 tablespoon plus light
- 0.3 cup lemon curd
- 1.9 oz athens phyllo shells frozen mini thawed (15 shells)
- 0.3 cup non-dairy whipped topping frozen thawed

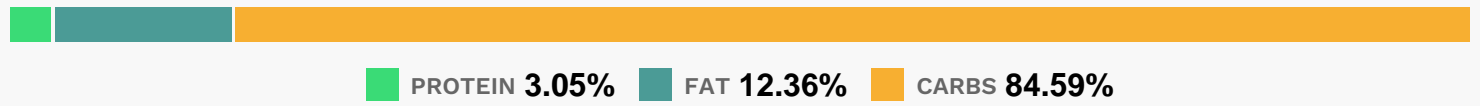
Equipment

sauce pan

Directions

- In 2-quart saucepan, heat cranberries, sugar, rum and corn syrup to boiling. Boil 2 minutes, stirring constantly, until most of liquid is evaporated.
- Remove from heat.
- Divide lemon curd evenly among phyllo shells. Top each with 1 tablespoon cranberry mixture and 1 teaspoon whipped topping.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:6.94, Glycemic Load:2.54, Inflammation Score:-1, Nutrition Score:0.42521739103224%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 89.96kcal (4.5%), Fat: 1.2g (1.85%), Saturated Fat: 0.42g (2.63%), Carbohydrates: 18.5g (6.17%), Net Carbohydrates: 17.89g (6.5%), Sugar: 15.34g (17.04%), Cholesterol: 0.03mg (0.01%), Sodium: 21.52mg (0.94%), Alcohol: 1.34g (100%), Alcohol %: 5.81% (100%), Protein: 0.67g (1.33%), Fiber: 0.61g (2.43%), Vitamin E: 0.25mg (1.64%), Manganese: 0.03mg (1.55%)