



Cranberry and Orange Tartlets with Spiced Crust

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



202 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 3 tablespoons butter melted
- ☐ 1 Dash ground cloves
- ☐ 2 cups cranberries fresh
- ☐ 1.5 cups graham cracker crumbs
- ☐ 0.5 cup granulated sugar
- ☐ 3 tablespoons granulated sugar

- ☐ 5 teaspoons granulated sugar divided
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.5 cup cup heavy whipping cream sour reduced-fat
- ☐ 1 cup orange juice fresh (2 oranges)
- ☐ 0.5 teaspoon orange rind grated
- ☐ 20 orange sections (3 oranges)
- ☐ 1 tablespoon water

Equipment

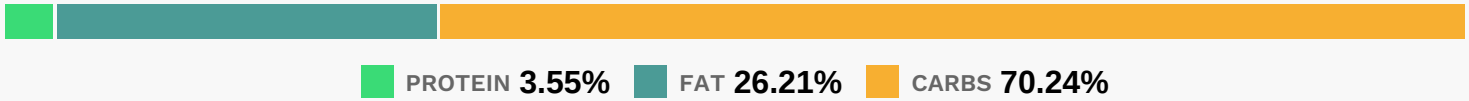
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ blow torch

Directions

- ☐ Preheat oven to 350
- ☐ To prepare crusts, combine first 6 ingredients, tossing well. Spoon about 3 tablespoons crumb mixture into each of 10 (3 x 1-inch) ceramic tartlet dishes coated with cooking spray. Press crumbs into bottom and up sides of dishes.
- ☐ Place dishes on a baking sheet.
- ☐ Bake at 350 for 12 minutes or until lightly browned. Cool completely on a wire rack.
- ☐ To prepare filling, beat cream cheese with a mixer at high speed until smooth.
- ☐ Add sour cream, 3 tablespoons granulated sugar, rind, and dash of cloves; beat until well blended. Chill.
- ☐ To prepare topping, combine orange juice and 1/2 cup granulated sugar in a large saucepan. Cook over medium-high heat, stirring until sugar dissolves.

- ☐ Add cranberries; bring to a boil. Reduce heat; simmer until thick and reduced to 1 cup (about 15 minutes). Cool completely.
- ☐ Spread about 1 1/2 tablespoons filling into bottom of each crust; top each tartlet with about 1 1/2 tablespoons topping. Just before serving, top each tartlet with 2 orange sections.
- ☐ Sprinkle 1/2 teaspoon granulated sugar over each serving. Holding a kitchen blow torch about 2 inches from the top of each tartlet, heat the sugar, moving the torch back and forth, until sugar is completely melted and caramelized (about 30 seconds).
- ☐ Serve within 30 minutes (do not refrigerate or caramel will melt).

Nutrition Facts



Properties

Glycemic Index:47.88, Glycemic Load:20.79, Inflammation Score:-4, Nutrition Score:4.9708696279837%

Flavonoids

Cyanidin: 9.29mg, Cyanidin: 9.29mg, Cyanidin: 9.29mg, Cyanidin: 9.29mg Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 9.83mg, Peonidin: 9.83mg, Peonidin: 9.83mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 10.05mg, Hesperetin: 10.05mg, Hesperetin: 10.05mg Naringenin: 4.51mg, Naringenin: 4.51mg, Naringenin: 4.51mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 1.38mg, Myricetin: 1.38mg, Myricetin: 1.38mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 201.69kcal (10.08%), Fat: 6.06g (9.33%), Saturated Fat: 3.13g (19.58%), Carbohydrates: 36.56g (12.19%), Net Carbohydrates: 34.63g (12.59%), Sugar: 26.2g (29.11%), Cholesterol: 13.06mg (4.35%), Sodium: 121.56mg (5.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.69%), Vitamin C: 29.28mg (35.49%), Manganese: 0.19mg (9.59%), Fiber: 1.94g (7.75%), Folate: 22.72µg (5.68%), Vitamin B1: 0.08mg (5.42%), Vitamin A: 263.73IU (5.27%), Potassium: 166.03mg (4.74%), Calcium: 46.21mg (4.62%), Phosphorus: 45.02mg (4.5%), Vitamin B2: 0.07mg (4.16%), Magnesium: 15.9mg (3.97%), Iron: 0.7mg (3.9%), Vitamin B3: 0.69mg (3.43%), Vitamin E: 0.47mg (3.12%), Vitamin B6: 0.05mg (2.69%), Zinc: 0.36mg (2.42%), Copper: 0.04mg (2.14%), Vitamin B5: 0.18mg

(1.81%), Vitamin K: 1.62µg (1.54%), Selenium: 0.71µg (1.02%)