

Cranberry Nut Tarts

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



74 kcal

DESSERT

Ingredients

- 0.8 cup brown sugar packed
- 1 tablespoon butter melted
- 3 tablespoons cranberries fresh chopped
- 3 ounce cream cheese softened
- 1 eggs
- 1 cup flour all-purpose
- 1 teaspoon vanilla extract
- 3 tablespoons walnut pieces chopped

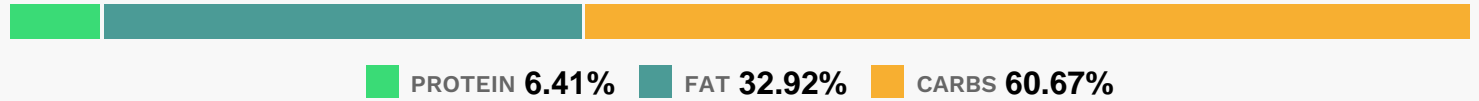
Equipment

- bowl
- oven
- whisk

Directions

- In a medium bowl, stir together the butter and cream cheese.
- Mix in the flour until well blended. Cover and refrigerate for 1 hour.
- While the dough chills, make the filling. In a medium bowl, whisk together the egg, brown sugar, melted butter and vanilla. Stir in the cranberries and walnuts.
- Preheat the oven to 325 degrees F (160 degrees C).
- Roll the dough into 1 inch balls. Press the balls into the cups of mini muffin pans so that the dough covers the bottom and sides. Fill each one with a generous teaspoon of the filling.
- Bake for 25 to 30 minutes in the preheated oven, until the edges of the tarts are lightly browned.

Nutrition Facts



Properties

Glycemic Index:9.04, Glycemic Load:3.02, Inflammation Score:-1, Nutrition Score:1.5160869716302%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.91mg, Peonidin: 0.91mg, Peonidin: 0.91mg, Peonidin: 0.91mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 73.8kcal (3.69%), Fat: 2.73g (4.21%), Saturated Fat: 1.16g (7.24%), Carbohydrates: 11.34g (3.78%), Net Carbohydrates: 11.05g (4.02%), Sugar: 6.96g (7.73%), Cholesterol: 11.65mg (3.88%), Sodium: 19.59mg (0.85%), Alcohol: 0.06g (100%), Alcohol %: 0.34% (100%), Protein: 1.2g (2.4%), Manganese: 0.09mg (4.53%), Selenium: 2.78µg (3.98%), Vitamin B1: 0.05mg (3.13%), Folate: 12.04µg (3.01%), Vitamin B2: 0.04mg (2.64%), Iron: 0.37mg (2.04%), Phosphorus: 18mg (1.8%), Copper: 0.03mg (1.69%), Vitamin B3: 0.34mg (1.68%), Vitamin A: 73.43IU (1.47%), Calcium: 12.48mg (1.25%), Fiber: 0.29g (1.16%), Magnesium: 4.42mg (1.11%)