



Cranberry-Orange Tartlets

READY IN



40 min.

SERVINGS



72

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons cornstarch
- 3 tablespoons cranberries dried finely chopped
- 3 tablespoons eggs beaten
- 0.8 cup mascarpone cheese
- 2 teaspoons orange zest grated
- 17.3 ounces puff pastry frozen thawed
- 0.3 cup sugar
- 3 tablespoons walnut pieces finely chopped
- 3 tablespoons water divided

- 0.5 cup roasted cranberry sauce

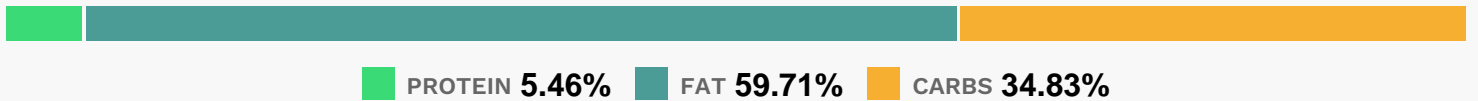
Equipment

- bowl
- sauce pan
- oven
- wooden spoon
- muffin liners

Directions

- Unfold puff pastry; roll each sheet into a 10-in. square.
- Cut each into 36 squares. Gently press squares into greased miniature muffin cups.
- Bake at 375° for 10 minutes. Using the end of a wooden spoon handle, make a 1/2-in. indentation in the center of each.
- In a small bowl, combine the cheese, sugar, cranberries, egg and orange peel.
- Place about 1 teaspoon filling in each muffin cup.
- Sprinkle with walnuts.
- Bake for 6–8 minutes or until golden brown. Cool completely on wire racks.
- For topping, in a small saucepan, combine cranberry sauce and 3 tablespoons water.
- Combine cornstarch and remaining water until smooth; gradually stir into cranberry mixture. Bring to a boil; cook and stir for 1 minute or until thickened. Spoon over tartlets.

Nutrition Facts



Properties

Glycemic Index:2.03, Glycemic Load:2.15, Inflammation Score:-1, Nutrition Score:0.85217391440402%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin:

0.07mg

Nutrients (% of daily need)

Calories: 59.64kcal (2.98%), Fat: 3.99g (6.14%), Saturated Fat: 1.36g (8.49%), Carbohydrates: 5.24g (1.75%), Net Carbohydrates: 5.05g (1.84%), Sugar: 1.83g (2.03%), Cholesterol: 4.64mg (1.55%), Sodium: 19.31mg (0.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.64%), Selenium: 1.88µg (2.68%), Manganese: 0.05mg (2.53%), Vitamin B1: 0.03mg (1.95%), Folate: 6.05µg (1.51%), Vitamin B3: 0.29mg (1.47%), Vitamin B2: 0.02mg (1.38%), Iron: 0.21mg (1.16%), Vitamin K: 1.18µg (1.13%)