



Creamy Citrus Tartlets

READY IN



45 min.

SERVINGS



30

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon almond extract divided
- ☐ 0.3 cup lemon curd
- ☐ 30 servings garnish: mint leaves fresh
- ☐ 0.3 cup orange curd
- ☐ 4.2 ounce phyllo pastry shells frozen mini
- ☐ 1 cup whipping cream divided

Equipment

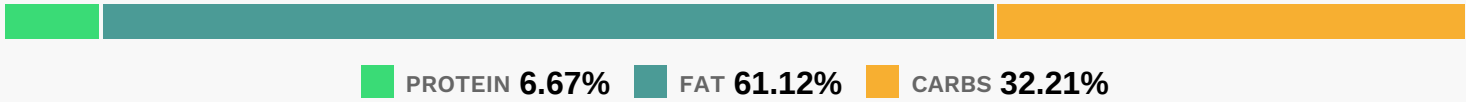
- ☐ oven

☐ hand mixer

Directions

- ☐ Bake pastry shells according to package directions; cool completely.
- ☐ Beat 1/2 cup whipping cream, orange curd, and 1/4 teaspoon almond extract at medium speed with an electric mixer until thickened and soft peaks form. Spoon the mixture evenly into half of pastry shells.
- ☐ Beat lemon curd, remaining cream, and remaining extract at medium speed with an electric mixer until thickened and soft peaks form. Spoon into remaining shells. Chill tartlets 1 hour.
- ☐ Garnish, if desired.
- ☐ *Strawberry curd may be substituted.
- ☐ Note: For testing purposes only, we used Dickinson's Orange Curd and Lemon Curd.

Nutrition Facts



Properties

Glycemic Index:1.42, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:0.60695652080619%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 50.99kcal (2.55%), Fat: 3.66g (5.63%), Saturated Fat: 1.98g (12.35%), Carbohydrates: 4.34g (1.45%), Net Carbohydrates: 4.2g (1.53%), Sugar: 1.93g (2.15%), Cholesterol: 8.96mg (2.99%), Sodium: 18.25mg (0.79%), Alcohol: 0.02g (100%), Alcohol %: 0.17% (100%), Protein: 0.9g (1.8%), Vitamin A: 163.6IU (3.27%), Vitamin C: 1.43mg (1.73%), Vitamin B2: 0.02mg (1.08%)