



Creamy Fruit Tarts

 Gluten Free

READY IN



72 min.

SERVINGS



6

CALORIES



269 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons sugar
- ☐ 1 tablespoon butter softened
- ☐ 6 ounces cream cheese softened
- ☐ 0.3 cup sugar
- ☐ 0.3 cup cream sour
- ☐ 1.5 cups fruit fresh assorted sliced
- ☐ 0.3 cup apple jelly melted
- ☐ 1 cup frangelico

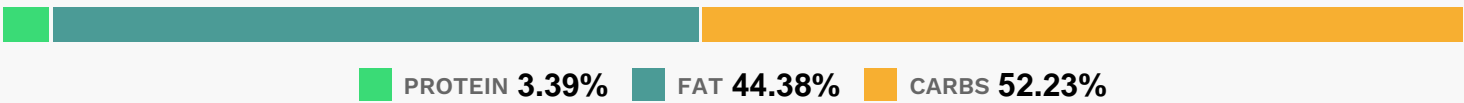
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat oven to 375°F.
- ☐ Mix Bisquick, 2 tablespoons sugar, the butter and 1 package cream cheese in small bowl until dough forms a ball.
- ☐ Divide dough into 6 parts. Press each part dough on bottom and 3/4 inch up side in each of 6 tart pans, 4 1/4 x 1 inch, or 10-ounce custard cups.
- ☐ Place on cookie sheet.
- ☐ Bake 10 to 12 minutes or until light brown. Cool in pans on wire rack, about 30 minutes.
- ☐ Remove tart shells from pans.
- ☐ Beat remaining package cream cheese, 1/4 cup sugar and the sour cream until smooth. Spoon into tart shells, spreading over bottoms. Top each with about 1/4 cup fruit.
- ☐ Brush with jelly.

Nutrition Facts



Properties

Glycemic Index:37.03, Glycemic Load:16.08, Inflammation Score:-4, Nutrition Score:3.1256521732911%

Nutrients (% of daily need)

Calories: 268.74kcal (13.44%), Fat: 13.6g (20.93%), Saturated Fat: 7.09g (44.33%), Carbohydrates: 36.01g (12%), Net Carbohydrates: 34.85g (12.67%), Sugar: 29.53g (32.81%), Cholesterol: 34.29mg (11.43%), Sodium: 123.12mg (5.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.68%), Vitamin A: 702.84IU (14.06%), Vitamin B2: 0.11mg (6.65%), Phosphorus: 48.85mg (4.89%), Selenium: 3.24µg (4.63%), Fiber: 1.16g (4.62%), Calcium: 44.74mg (4.47%), Vitamin C: 3.06mg (3.71%), Copper: 0.07mg (3.55%), Potassium: 117.9mg (3.37%), Vitamin K: 3.46µg (3.3%), Vitamin

E: 0.38mg (2.5%), Vitamin B5: 0.22mg (2.24%), Magnesium: 7.3mg (1.82%), Iron: 0.32mg (1.78%), Vitamin B6: 0.03mg (1.66%), Folate: 6.41µg (1.6%), Zinc: 0.24mg (1.6%), Manganese: 0.03mg (1.41%), Vitamin B12: 0.08µg (1.41%), Vitamin B3: 0.27mg (1.37%), Vitamin B1: 0.02mg (1.25%)