



Easy Fruit Cookie Tarts

 Gluten Free

READY IN



90 min.

SERVINGS



16

CALORIES



205 kcal

DESSERT

Ingredients

- 0.7 cup sugar
- 0.7 cup butter softened
- 2 eggs
- 3 ounces cream cheese softened
- 0.3 cup sugar
- 1 teaspoon vanilla
- 0.8 cup whipping cream (heavy)
- 2 cups fruit fresh assorted

- 2 tablespoons apple jelly melted
- 4 cups frangelico

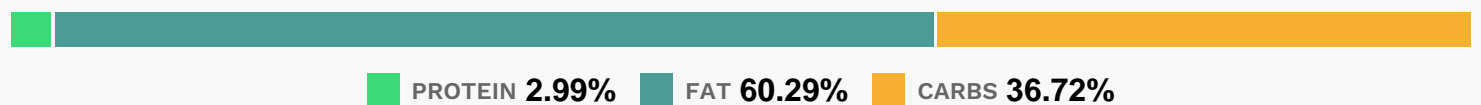
Equipment

- bowl
- baking sheet
- oven
- wire rack
- hand mixer

Directions

- Heat oven to 375°F. Stir Bisquick, 2/3 cup sugar, the butter and eggs in large bowl until soft dough forms. Pat dough into sixteen 3-inch circles on ungreased cookie sheets.
- Bake 8 to 10 minutes or until edges just begin to brown.
- Remove from cookie sheet to wire rack. Cool completely, about 30 minutes.
- Beat cream cheese, 1/3 cup sugar and the vanilla in small bowl with electric mixer on low speed until smooth. Beat in whipping cream on high speed until stiff peaks form.
- Spread over tarts to within 1/4 inch of edges.
- Place fruit on top; brush with jelly. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:13.89, Glycemic Load:9.74, Inflammation Score:-4, Nutrition Score:2.2143478108489%

Nutrients (% of daily need)

Calories: 205.09kcal (10.25%), Fat: 14.06g (21.64%), Saturated Fat: 5.39g (33.72%), Carbohydrates: 19.28g (6.43%), Net Carbohydrates: 18.78g (6.83%), Sugar: 17.6g (19.55%), Cholesterol: 38.44mg (12.81%), Sodium: 119.13mg (5.18%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Protein: 1.57g (3.14%), Vitamin A: 692.88IU (13.86%), Vitamin B2: 0.07mg (4.32%), Selenium: 2.61µg (3.72%), Vitamin E: 0.5mg (3.35%), Phosphorus: 29.27mg (2.93%), Calcium: 20.57mg (2.06%), Fiber: 0.5g (2.01%), Vitamin D: 0.29µg (1.92%), Vitamin K: 1.85µg (1.76%), Potassium: 58.09mg

(1.66%), Vitamin B5: 0.16mg (1.64%), Copper: 0.03mg (1.6%), Vitamin B12: 0.09µg (1.47%), Iron: 0.22mg (1.24%),
Vitamin C: 0.96mg (1.16%), Folate: 4.47µg (1.12%), Vitamin B6: 0.02mg (1.12%), Zinc: 0.15mg (1.03%)