



Easy Fruit Tarts

READY IN



40 min.

SERVINGS



24

CALORIES



913 kcal

Ingredients

- ☐ 8 ounce cream cheese softened
- ☐ 24 phyllo pastry cups
- ☐ 2 tablespoons yogurt plain to taste
- ☐ 10 ounce dickinson's® marion blackberry preserves pure

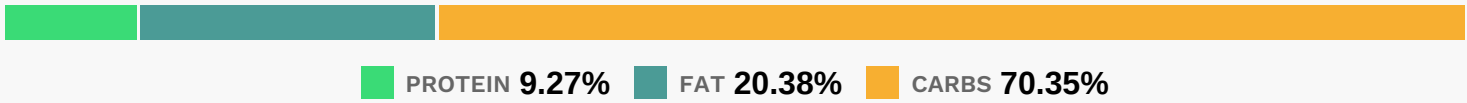
Equipment

- ☐ bowl

Directions

- ☐
- Mix fruit spread, cream cheese and yogurt in small bowl until well blended. Chill 20 minutes.Fill shells with mixture.
- ☐
- Garnish with blackberries, if desired.

Nutrition Facts



Properties

Glycemic Index:5.79, Glycemic Load:59.08, Inflammation Score:-7, Nutrition Score:26.613478399246%

Nutrients (% of daily need)

Calories: 913.1kcal (45.65%), Fat: 20.29g (31.22%), Saturated Fat: 6.11g (38.16%), Carbohydrates: 157.6g (52.53%), Net Carbohydrates: 152.09g (55.31%), Sugar: 6.67g (7.41%), Cholesterol: 9.76mg (3.25%), Sodium: 1401.11mg (60.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.78g (41.55%), Vitamin B1: 1.54mg (102.37%), Selenium: 67.02µg (95.75%), Manganese: 1.35mg (67.65%), Folate: 251.31µg (62.83%), Vitamin B2: 1mg (58.71%), Vitamin B3: 11.54mg (57.7%), Iron: 9.15mg (50.85%), Phosphorus: 226.19mg (22.62%), Fiber: 5.51g (22.03%), Copper: 0.3mg (14.97%), Magnesium: 43.97mg (10.99%), Zinc: 1.45mg (9.67%), Vitamin B5: 0.92mg (9.17%), Vitamin K: 7.28µg (6.93%), Potassium: 233.57mg (6.67%), Vitamin B6: 0.09mg (4.65%), Calcium: 44.68mg (4.47%), Vitamin A: 128.56IU (2.57%), Vitamin E: 0.32mg (2.15%), Vitamin C: 1.05mg (1.27%)