



Frosted Strawberry Pop Tarts

 Vegetarian

READY IN



80 min.

SERVINGS



6

CALORIES



503 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 large eggs
- 2 cups flour all-purpose
- 1 tablespoon granulated sugar
- 1 teaspoon juice of lemon freshly squeezed
- 1 tablespoon milk as needed plus more (not nonfat)
- 0.8 cup powdered sugar sifted
- 1 teaspoon salt fine
- 8 ounces butter unsalted cold cut into 1/2-inch cubes

- 0.3 teaspoon vanilla extract
- 1 teaspoon water

Equipment

- bowl
- baking sheet
- baking paper
- oven
- knife
- whisk
- wire rack
- blender
- spatula
- rolling pin
- pizza cutter

Directions

- Whisk the flour, sugar, and salt in a large bowl until combined.
- Add the butter and toss with your fingers until well coated in the flour mixture. Using a pastry blender or your fingers, cut or rub the butter into the dry ingredients until reduced to pea-size pieces.
- Whisk the egg yolks and milk in a small bowl until combined.
- Heat the oven to 375°F and arrange a rack in the middle. Line a baking sheet with parchment paper; set aside. Lightly dust a work surface with flour and roll 1 dough portion out into a rough 12-by-10-inch rectangle, rotating the dough and re-flouring the surface and rolling pin often to prevent the dough from sticking. Using a pizza cutter or sharp knife, trim the dough to a 10-1/2-by-9-inch rectangle.
- Cut that into 6 equal rectangles (each about 3 1/2 inches wide by 4 1/2 inches tall). Using a flat spatula, transfer the rectangles to the prepared baking sheet, leaving about 2 inches of space between each.
- Place the baking sheet in the refrigerator.

- Whisk the egg and water in a small bowl until evenly combined; set aside.
- Roll out the second dough portion to the same dimensions as the first, trim, and cut into 6 rectangles. Using a fork, prick the dough all over.
- Remove the baking sheet from the refrigerator and brush a thin coating of the egg wash over each dough rectangle. Spoon 1 tablespoon plus 2 teaspoons of the jam onto each rectangle.
- Spread the jam into an even layer, leaving a 3/4-inch border.
- Place the pricked rectangles on top of the jam-covered rectangles. Press on the edges to adhere, and push down gently on the filling to slightly flatten. Using a fork dipped in flour, crimp the edges of the tarts.
- Bake until golden brown, about 23 to 25 minutes.
- Place all of the ingredients in a small bowl and whisk until evenly combined. (You may need to add more milk by the 1/2 teaspoon if the glaze is too thick.)Set the wire rack with the tarts on it over a baking sheet. Using a spoon, drizzle about 1 tablespoon of the glaze over each tart.
- Let set before eating, about 15 minutes.

Nutrition Facts

PROTEIN 4.55% **FAT 56.74%** **CARBS 38.71%**

Properties

Glycemic Index:30.52, Glycemic Load:24.44, Inflammation Score:-6, Nutrition Score:8.2430436248365%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 502.82kcal (25.14%), Fat: 31.95g (49.15%), Saturated Fat: 19.79g (123.68%), Carbohydrates: 49.04g (16.35%), Net Carbohydrates: 47.91g (17.42%), Sugar: 16.99g (18.88%), Cholesterol: 112.57mg (37.52%), Sodium: 405.74mg (17.64%), Alcohol: 0.06g (100%), Alcohol %: 0.07% (100%), Protein: 5.76g (11.52%), Selenium: 17.21µg (24.59%), Vitamin B1: 0.33mg (22.26%), Folate: 81.47µg (20.37%), Vitamin A: 993.71IU (19.87%), Vitamin B2: 0.26mg (15.51%), Manganese: 0.29mg (14.51%), Vitamin B3: 2.49mg (12.43%), Iron: 2.1mg (11.67%), Phosphorus: 73.17mg (7.32%), Vitamin E: 0.99mg (6.61%), Vitamin D: 0.76µg (5.07%), Fiber: 1.13g (4.51%), Copper: 0.07mg (3.7%), Vitamin B5: 0.36mg (3.62%), Zinc: 0.45mg (2.98%), Magnesium: 11.31mg (2.83%), Vitamin K: 2.8µg (2.67%), Vitamin B12: 0.15µg (2.53%), Calcium: 23.57mg (2.36%), Potassium: 70.43mg (2.01%), Vitamin B6: 0.04mg (1.78%)