



## Fudgy Peanut Butter Tarts

READY IN



45 min.

SERVINGS



20

CALORIES



73 kcal

DESSERT

### Ingredients

- 0.3 cup egg substitute fat-free
- 1 tablespoon milk fat-free
- 0.8 cup flour all-purpose
- 3 teaspoons ice water
- 0.3 cup butter chilled cut into small pieces reduced-calorie
- 1 tablespoon butter reduced-calorie
- 0.3 cup peanut butter chips
- 0.3 cup semi chocolate chips reduced-fat
- 0.3 cup sugar

- 3 tablespoons cocoa unsweetened
- 0.8 teaspoon vanilla extract

## Equipment

- bowl
- sauce pan
- oven
- knife
- whisk
- wire rack
- blender
- spatula
- muffin liners

## Directions

- Preheat oven to 350
- Combine first 3 ingredients in a bowl; stir well.
- Cut in 1/4 cup margarine with a pastry blender or 2 knives until mixture resembles coarse meal.
- Sprinkle ice water, 1 teaspoon at a time, over surface; toss with a fork until moist. Gently press dough into a ball. Divide dough into 20 equal portions, and press each portion into (1 3/4 inch) miniature muffin cups; set aside.
- Place chocolate chips, peanut butter chips, and 1 tablespoon margarine in a small saucepan over low heat until mixture melts, stirring frequently.
- Remove from heat; add 1/3 cup sugar and milk, stirring with a whisk until well blended.
- Add egg substitute and vanilla; stir well.
- Spoon about 2 teaspoons chocolate mixture into each prepared tart shell.
- Bake at 350 for 20 minutes.
- Let cool in pans 15 minutes on a wire rack. Loosen tarts from sides of pans, using a knife or narrow metal spatula.

Remove from pans; let cool completely on wire racks.

## Nutrition Facts



### Properties

Glycemic Index:8.92, Glycemic Load:4.93, Inflammation Score:-2, Nutrition Score:1.7552173927264%

### Flavonoids

Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epicatechin: 1.47mg, Epicatechin: 1.47mg, Epicatechin: 1.47mg, Epicatechin: 1.47mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

### Nutrients (% of daily need)

Calories: 73.34kcal (3.67%), Fat: 4g (6.15%), Saturated Fat: 1.18g (7.38%), Carbohydrates: 8.66g (2.89%), Net Carbohydrates: 8.08g (2.94%), Sugar: 4.3g (4.77%), Cholesterol: 0.16mg (0.05%), Sodium: 41.7mg (1.81%), Alcohol: 0.05g (100%), Alcohol %: 0.3% (100%), Caffeine: 3.66mg (1.22%), Protein: 1.13g (2.26%), Manganese: 0.09mg (4.56%), Selenium: 3.16µg (4.51%), Copper: 0.06mg (3.22%), Iron: 0.53mg (2.92%), Vitamin B1: 0.04mg (2.83%), Vitamin A: 141.64IU (2.83%), Vitamin B2: 0.04mg (2.4%), Magnesium: 9.41mg (2.35%), Folate: 9.35µg (2.34%), Fiber: 0.58g (2.34%), Phosphorus: 20.24mg (2.02%), Vitamin B3: 0.32mg (1.59%), Vitamin E: 0.18mg (1.19%), Zinc: 0.18mg (1.18%), Potassium: 38.66mg (1.1%)