



Gluten-Free Chocolate Raspberry Mini Tarts

READY IN



90 min.

SERVINGS



24

CALORIES



206 kcal

DESSERT

Ingredients

- ☐ 0.8 cup cake flour gluten free all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon double-acting baking powder gluten-free
- ☐ 1.5 cups sugar
- ☐ 1 cup semi chocolate chips
- ☐ 0.5 cup butter
- ☐ 2 eggs
- ☐ 1 teaspoon vanilla gluten-free
- ☐ 0.3 cup raspberry jam red seedless

- ☐ 0.3 cup cup heavy whipping cream
- ☐ 0.8 cup semi chocolate chips
- ☐ 2 tablespoons butter
- ☐ 24 raspberries fresh

Equipment

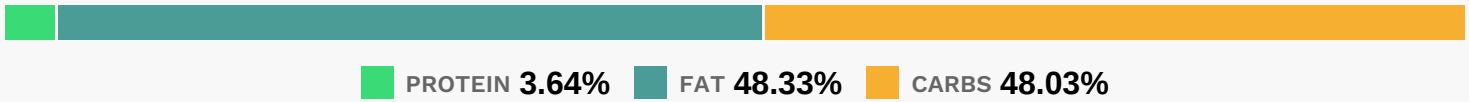
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F.
- ☐ Place mini paper baking cup in each of 24 mini muffin cups, or spray with cooking spray. In small bowl, stir together flour blend, salt and baking powder; set aside.
- ☐ In 2-quart saucepan, heat sugar, 1 cup chocolate chips and 1/2 cup butter over low heat, stirring frequently, just until melted. Cool 10 minutes. Beat in eggs and vanilla with spoon. Stir in flour blend mixture. Divide batter evenly among muffin cups.
- ☐ Bake 11 to 13 minutes or until tops of tarts appear dry. Cool in pans 5 minutes; remove from pan to cooling rack. Cool completely, about 30 minutes.
- ☐ Using toothpick, carefully hollow out 1/2-inch hole in top of each tart; remove crumbs. Fill each hole with 1/2 teaspoon preserves.
- ☐ In 1-quart heavy saucepan, heat cream to simmering over medium heat; remove from heat. Stir in 3/4 cup chocolate chips and 2 tablespoons butter.
- ☐ Let stand 2 minutes. Beat with whisk until melted and smooth.
- ☐ Spread over tarts.

Place fresh raspberry on each.

Nutrition Facts



Properties

Glycemic Index:17.09, Glycemic Load:11.93, Inflammation Score:-2, Nutrition Score:3.1939130606859%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 205.58kcal (10.28%), Fat: 11.17g (17.19%), Saturated Fat: 6.62g (41.36%), Carbohydrates: 24.99g (8.33%), Net Carbohydrates: 23.67g (8.61%), Sugar: 19.22g (21.36%), Cholesterol: 29.91mg (9.97%), Sodium: 79.53mg (3.46%), Alcohol: 0.06g (100%), Alcohol %: 0.15% (100%), Caffeine: 11.29mg (3.76%), Protein: 1.89g (3.78%), Manganese: 0.22mg (11.08%), Copper: 0.18mg (9.01%), Magnesium: 25.43mg (6.36%), Selenium: 4.06µg (5.8%), Iron: 0.98mg (5.44%), Fiber: 1.31g (5.25%), Phosphorus: 51.12mg (5.11%), Vitamin A: 210.88IU (4.22%), Zinc: 0.45mg (3.01%), Potassium: 93.42mg (2.67%), Vitamin B2: 0.04mg (2.25%), Vitamin E: 0.31mg (2.09%), Calcium: 20.09mg (2.01%), Vitamin K: 1.62µg (1.54%), Vitamin B5: 0.13mg (1.33%), Vitamin B12: 0.07µg (1.17%), Vitamin C: 0.85mg (1.03%), Folate: 4.1µg (1.02%)