



Individual Glazed Strawberry Tarts

 Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



57 kcal

Ingredients

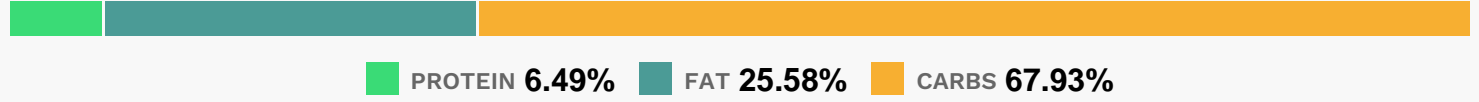
- 6 graham cracker pie crusts mini
- 2 cups strawberries sliced
- 0.8 cup strawberry glaze
- 0.8 cup cool whip whipped topping thawed

Equipment

Directions

- Place strawberries in pie crusts. Slowly pour 2 Tbsp. of the glaze evenly over strawberries in each shell.
- Refrigerate at least 1 hour before serving.
- Top with whipped topping just before serving. Store leftover tarts in refrigerator.

Nutrition Facts



Properties

Glycemic Index:11.4, Glycemic Load:5.18, Inflammation Score:-1, Nutrition Score:2.3969565461511%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 57.43kcal (2.87%), Fat: 1.66g (2.56%), Saturated Fat: 0.77g (4.82%), Carbohydrates: 9.94g (3.31%), Net Carbohydrates: 9.08g (3.3%), Sugar: 4.67g (5.19%), Cholesterol: 0.11mg (0.04%), Sodium: 59.69mg (2.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.9%), Vitamin C: 16.93mg (20.53%), Manganese: 0.11mg (5.56%), Fiber: 0.86g (3.45%), Phosphorus: 28.04mg (2.8%), Folate: 10.94µg (2.74%), Iron: 0.47mg (2.61%), Magnesium: 9.09mg (2.27%), Vitamin B3: 0.43mg (2.17%), Vitamin B2: 0.03mg (1.86%), Potassium: 64.61mg (1.85%), Vitamin B1: 0.03mg (1.81%), Calcium: 15.24mg (1.52%), Zinc: 0.21mg (1.39%), Vitamin B6: 0.02mg (1.15%)