



## Jam Tarts

READY IN



45 min.

SERVINGS



12

CALORIES



166 kcal

DESSERT

## Ingredients

- 0.7 cup butter softened
- 4 ounces cream cheese
- 1 jam
- 1 jam
- 1 teaspoon juice of lemon
- 1 tablespoon maple syrup pure
- 1 cup unbleached flour

## Equipment

baking sheet

oven

## Directions

Melt butter. Blend in cream cheese, maple syrup and lemon juice.

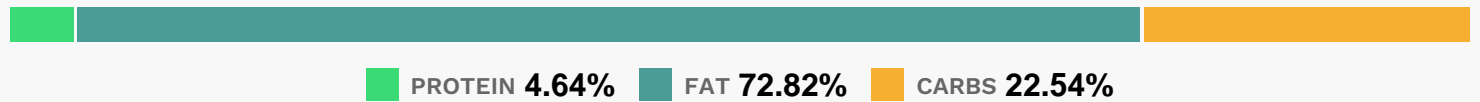
Add flour and combine until dough is smooth. Chill overnight.

Roll dough to 1/4-inch thickness.

Cut into 3-inch rounds. Make an indentation in the center of each. Spoon jam into each indentation.

Bake on oiled cookie sheets at 450 degrees for 15 minutes. Crust should be golden brown and possibly flaking. If not, return for additional few minutes. Makes 12

## Nutrition Facts



## Properties

Glycemic Index:20.04, Glycemic Load:5.51, Inflammation Score:-4, Nutrition Score:2.0073913043478%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

## Taste

Sweetness: 12.45%, Saltiness: 20.58%, Sourness: 22.39%, Bitterness: 10.67%, Savoriness: 1.99%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 166.41kcal (8.32%), Fat: 13.58g (20.89%), Saturated Fat: 4.04g (25.25%), Carbohydrates: 9.46g (3.15%), Net Carbohydrates: 9.2g (3.35%), Sugar: 1.48g (1.64%), Cholesterol: 9.54mg (3.18%), Sodium: 149.01mg (6.48%), Protein: 1.94g (3.89%), Vitamin A: 578.24IU (11.56%), Selenium: 4.95µg (7.07%), Manganese: 0.12mg (6.1%), Vitamin E: 0.51mg (3.43%), Vitamin B2: 0.05mg (3.18%), Phosphorus: 23.18mg (2.32%), Calcium: 16.39mg (1.64%), Folate: 4.52µg (1.13%), Vitamin B5: 0.11mg (1.11%), Magnesium: 4.21mg (1.05%), Copper: 0.02mg (1.04%), Fiber: 0.25g (1.01%)