



Lemon Berry Tartlets

 Dairy Free

READY IN



28 min.

SERVINGS



12

CALORIES



140 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 blackberries fresh
- 1 eggs beaten
- 0.3 cup lemon curd
- 1 sheet puff pastry frozen

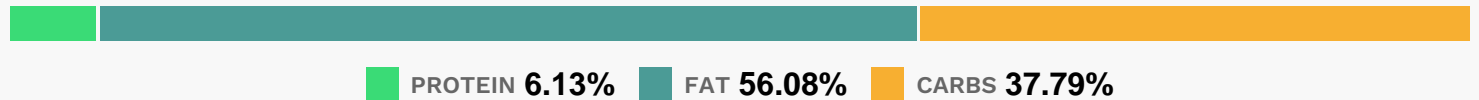
Equipment

- baking sheet
- baking paper
- oven

Directions

- Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with parchment paper or a silicone baking mat.
- Place frozen puff pastry sheet on a work surface dusted with flour. Allow to thaw for 2 to 3 minutes. Using a 1 1/2 to 2-inch round cookie or biscuit cutter, cut out 12 round pieces.
- Place pastry rounds on the prepared baking sheet. Using a slightly smaller round cookie or biscuit cutter, cut out inner circles in each pastry round, leaving them in place.
- Brush each pastry round with beaten egg.
- Bake in the preheated oven until browned and puffed, 13 to 15 minutes. Allow to cool completely before filling.
- Cut around the small inner circle of each pastry round and gently push it down. Fill each tartlet with lemon curd and top with a blackberry. Dust with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:5.01, Inflammation Score:-1, Nutrition Score:2.2939130443594%

Flavonoids

Cyanidin: 2mg, Cyanidin: 2mg, Cyanidin: 2mg, Cyanidin: 2mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 139.63kcal (6.98%), Fat: 8.71g (13.41%), Saturated Fat: 2.45g (15.34%), Carbohydrates: 13.21g (4.4%), Net Carbohydrates: 12.79g (4.65%), Sugar: 4.03g (4.48%), Cholesterol: 13.64mg (4.55%), Sodium: 74.9mg (3.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.29%), Selenium: 6.07µg (8.68%), Manganese: 0.11mg (5.68%), Vitamin B1: 0.08mg (5.54%), Folate: 18.15µg (4.54%), Vitamin B2: 0.08mg (4.42%), Vitamin B3: 0.87mg (4.33%), Vitamin K: 3.69µg (3.52%), Iron: 0.6mg (3.33%), Phosphorus: 19.95mg (2%), Fiber: 0.42g (1.7%), Copper: 0.03mg (1.46%), Vitamin E: 0.17mg (1.15%), Zinc: 0.17mg (1.11%), Magnesium: 4.11mg (1.03%)