



Little jam tarts



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



20

CALORIES



78 kcal

Ingredients

☐ 20 tsp blackcurrants (we used apricot, blackcurrant and strawberry)

☐ 500 g pastry crust sweet

Equipment

☐ oven

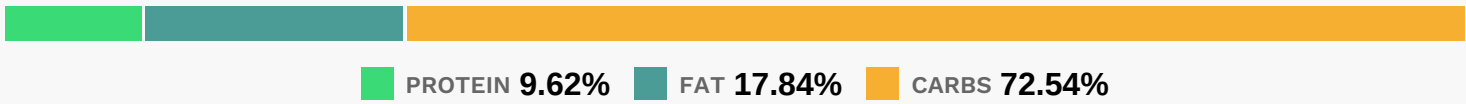
☐ pastry cutter

☐ mini muffin tray

Directions

- Roll out the shortcrust pastry on a lightly floured surface to just under the thickness of £1 coin. Stamp out 20 x 5cm circles using a pastry cutter and line 2 mini muffin tins (or make in 2 batches). Prick with a fork and spoon 1 tsp jam into each (we used apricot, blackcurrant and strawberry). Stamp out shapes from the leftover pastry to decorate the tarts, if you like.
- Bake at 200C/180C fan/gas 6 for 12–15 mins, until the pastry is golden.

Nutrition Facts



Properties

Glycemic Index:1.9, Glycemic Load:4.82, Inflammation Score:-1, Nutrition Score:2.9386956775966%

Flavonoids

Cyanidin: 3.08mg, Cyanidin: 3.08mg, Cyanidin: 3.08mg, Cyanidin: 3.08mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 4.42mg, Delphinidin: 4.42mg, Delphinidin: 4.42mg, Delphinidin: 4.42mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 77.86kcal (3.89%), Fat: 1.52g (2.34%), Saturated Fat: 0.37g (2.31%), Carbohydrates: 13.91g (4.64%), Net Carbohydrates: 13.43g (4.88%), Sugar: 0.05g (0.05%), Cholesterol: 0mg (0%), Sodium: 120.85mg (5.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.69%), Vitamin C: 8.92mg (10.81%), Vitamin B1: 0.14mg (9.18%), Selenium: 5.82µg (8.32%), Manganese: 0.13mg (6.58%), Folate: 22µg (5.5%), Vitamin B3: 1.03mg (5.17%), Vitamin B2: 0.09mg (5.16%), Iron: 0.88mg (4.88%), Phosphorus: 21.66mg (2.17%), Fiber: 0.47g (1.9%), Copper: 0.03mg (1.47%), Magnesium: 4.93mg (1.23%)