



Marbled Tarts

READY IN



45 min.

SERVINGS



24

CALORIES



80 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 3 ounces cream cheese
- ☐ 1 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup semi chocolate chips
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla extract

- ☐ 3 tablespoons water cold
- ☐ 3 tablespoons sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ muffin liners
- ☐ chopsticks

Directions

- ☐ Preheat oven to 325 degrees F.
- ☐ Combine flour, 1/3 cup sugar, cocoa and salt.
- ☐ Cut in butter until mixture is crumbly.
- ☐ Sprinkle with cold water, 1 Tbsp at a time, mixing gently until all the mixture is moistened.
- ☐ Form this mixture into a ball. Shape dough into twenty-four 1-inch balls and press onto the bottom and up the sides of ungreased 1 3/4-inch muffin cups.
- ☐ In a small bowl beat cream cheese and 3 tablespoons sugar until fluffy. Separate the egg and beat in the egg yolk, sour cream and vanilla.
- ☐ Divide the cream cheese mixture evenly among the muffin cups. Top each with about 1/2 tsp of the chocolate chips.
- ☐ Bake for 5 minutes.
- ☐ Remove from oven.
- ☐ With a knife or chopstick, slightly swirl chocolate into mixture just to marble. Return to the oven and bake for 20–25 minutes more.
- ☐ Cool slightly in pan.
- ☐ Remove and cool on a rack.

Nutrition Facts



 PROTEIN **6.22%**  FAT **62.73%**  CARBS **31.05%**

Properties

Glycemic Index:9.25, Glycemic Load:3.26, Inflammation Score:-2, Nutrition Score:1.810869547498%

Flavonoids

Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 80.25kcal (4.01%), Fat: 5.76g (8.87%), Saturated Fat: 3.37g (21.06%), Carbohydrates: 6.42g (2.14%), Net Carbohydrates: 5.83g (2.12%), Sugar: 2.53g (2.81%), Cholesterol: 20.12mg (6.71%), Sodium: 48.17mg (2.09%), Alcohol: 0.03g (100%), Alcohol %: 0.15% (100%), Caffeine: 3.67mg (1.22%), Protein: 1.29g (2.57%), Manganese: 0.09mg (4.38%), Selenium: 2.7µg (3.85%), Vitamin A: 167.07IU (3.34%), Copper: 0.07mg (3.31%), Vitamin B2: 0.05mg (2.85%), Phosphorus: 27.49mg (2.75%), Iron: 0.47mg (2.58%), Magnesium: 9.74mg (2.43%), Fiber: 0.59g (2.35%), Vitamin B1: 0.03mg (2.31%), Folate: 9µg (2.25%), Vitamin B3: 0.28mg (1.38%), Zinc: 0.2mg (1.32%), Calcium: 13.04mg (1.3%), Potassium: 42.54mg (1.22%), Vitamin E: 0.16mg (1.04%)