



Mince Tarts

READY IN



30 min.

SERVINGS



30

CALORIES



130 kcal

DESSERT

Ingredients

- 0.3 teaspoon allspice
- 0.3 teaspoon cinnamon
- 1 large eggs lightly beaten
- 0.5 cup golden raisins
- 1 apples i use 2 granny smith apples cored peeled finely chopped
- 1 tablespoon juice of lemon
- 0.3 teaspoon nutmeg
- 30 servings all you classic pie crust
- 0.5 cup raisins

- 0.3 cup sugar
- 2 tablespoons butter unsalted melted

Equipment

- bowl
- frying pan
- oven
- knife
- wire rack
- cookie cutter
- muffin liners
- muffin tray

Directions

- Working with 1 dough disk at a time, roll into a 1/4-inch-thick circle. Use a 3-inch cookie cutter to cut out 4 circles, reserving scraps. Repeat with remaining dough disk. Gather scraps; roll out. Use the edge of a round cookie cutter to form small leaves. Score down center of leaves with a sharp knife to make decorative veins.
- Preheat oven to 375F. Coat 8 cups of a nonstick 12-cup muffin tin with cooking spray. Line cups with a circle of pastry, pressing dough into corners.
- Mix apple, all raisins, sugar, butter, lemon juice, cinnamon, allspice and nutmeg in a bowl. Spoon evenly into pastry-lined muffin cups. Cover each with 1 or 2 pastry leaves. Lightly brush leaves and pastry edges with egg.
- Bake until golden brown, 40 to 45 minutes. Cool slightly in pan on a wire rack, then gently lift out tarts, transfer to rack and let cool completely.

Nutrition Facts



PROTEIN 5.11% **FAT 44.28%** **CARBS 50.61%**

Properties

Glycemic Index:10.25, Glycemic Load:3.44, Inflammation Score:-1, Nutrition Score:2.0595652163029%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 130.49kcal (6.52%), Fat: 6.5g (10.01%), Saturated Fat: 2.28g (14.25%), Carbohydrates: 16.73g (5.58%), Net Carbohydrates: 15.77g (5.74%), Sugar: 3.75g (4.17%), Cholesterol: 8.21mg (2.74%), Sodium: 90.45mg (3.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.38%), Manganese: 0.11mg (5.72%), Vitamin B1: 0.06mg (4.22%), Folate: 16.13µg (4.03%), Iron: 0.7mg (3.88%), Fiber: 0.96g (3.82%), Vitamin B2: 0.06mg (3.24%), Vitamin B3: 0.64mg (3.18%), Selenium: 1.78µg (2.54%), Phosphorus: 24.19mg (2.42%), Potassium: 68.45mg (1.96%), Copper: 0.04mg (1.78%), Vitamin K: 1.84µg (1.76%), Vitamin B6: 0.03mg (1.43%), Magnesium: 5.37mg (1.34%), Vitamin B5: 0.12mg (1.22%), Vitamin E: 0.15mg (1.01%)