



Mini Caramel Cookie Tarts

READY IN



45 min.

SERVINGS



48

CALORIES



80 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 14 ounce individually wrapped caramels
- ☐ 3 tablespoons coffee-flavored liqueur
- ☐ 0.3 cup evaporated milk
- ☐ 0.3 cup shortening
- ☐ 3 inch phyllo tart shells
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 cup sugar white

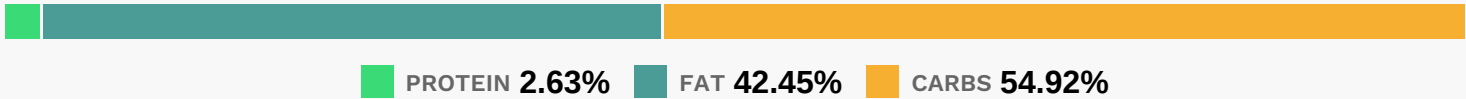
Equipment

☐ double boiler

Directions

- ☐ In the top half of a double boiler melt the caramel with the coffee liqueur or rum and 1/2 cup evaporated milk. Cook until smooth, melted and slightly thickened.
- ☐ Pour caramel mixture into the tart shells and let cool.
- ☐ Beat the shortening, sugar, vanilla, butter or margarine and 1/3 cup evaporated milk together until fluffy. Frost cooled tarts.

Nutrition Facts



Properties

Glycemic Index:3.86, Glycemic Load:7.05, Inflammation Score:-1, Nutrition Score:0.54913043700483%

Nutrients (% of daily need)

Calories: 80.47kcal (4.02%), Fat: 3.85g (5.92%), Saturated Fat: 1.79g (11.17%), Carbohydrates: 11.21g (3.74%), Net Carbohydrates: 11.2g (4.07%), Sugar: 10.2g (11.34%), Cholesterol: 6.21mg (2.07%), Sodium: 37.93mg (1.65%), Alcohol: 0.22g (100%), Alcohol %: 1.47% (100%), Protein: 0.54g (1.07%), Vitamin B2: 0.03mg (1.67%), Calcium: 16.6mg (1.66%), Phosphorus: 13.55mg (1.35%), Vitamin A: 66.75IU (1.33%), Vitamin E: 0.16mg (1.07%)