



Mini choc-orange cheesecake tarts

READY IN



35 min.

SERVINGS



12

CALORIES



319 kcal

DESSERT

Ingredients

- ☐ 350 g chocolate chip cookie mix (we used Jus-Rol)
- ☐ 200 ml double cream
- ☐ 300 g cream cheese softened
- ☐ 50 g powdered sugar sifted
- ☐ 298 g pepperoncini pepper juice canned

Equipment

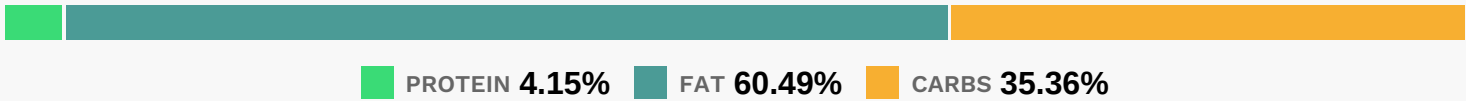
- ☐ oven
- ☐ knife

☐ wire rack

Directions

- ☐ Turn a metal muffin or bun tin upside down. Divide the cookie dough into 12 pieces.
- ☐ Roll each piece into a ball, then press over each dome, shaping down the sides to make an upside-down tart case. Chill for 30 mins.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ Bake the tin and cookie dough for 12-15 mins until the tart cases are golden. While still warm, cut away any excess that has dripped down the sides, prying with a knife to remove. Cool on a wire rack.
- ☐ Whip the cream to soft peaks, then stir in the cream cheese and icing sugar.
- ☐ Drain the mandarins, reserving the juice.
- ☐ Add 4 tbsp of mandarin juice to the cream mixture and beat until smooth. Spoon into the cases and top with slices of mandarin. Chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:9.7, Glycemic Load:10.71, Inflammation Score:-4, Nutrition Score:3.3126086605632%

Flavonoids

Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 318.84kcal (15.94%), Fat: 21.71g (33.41%), Saturated Fat: 11.71g (73.2%), Carbohydrates: 28.57g (9.52%), Net Carbohydrates: 27.7g (10.07%), Sugar: 17.34g (19.27%), Cholesterol: 46.53mg (15.51%), Sodium: 188.81mg (8.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.7%), Vitamin A: 582.46IU (11.65%), Vitamin B2: 0.15mg (8.62%), Vitamin B1: 0.11mg (7.37%), Folate: 22.46µg (5.62%), Phosphorus: 52.5mg (5.25%), Selenium: 2.7µg (3.86%), Calcium: 37.34mg (3.73%), Potassium: 127.18mg (3.63%), Magnesium: 14.29mg (3.57%), Fiber: 0.87g (3.47%), Vitamin B3: 0.63mg (3.17%), Vitamin E: 0.37mg (2.48%), Iron: 0.43mg (2.37%), Zinc: 0.32mg (2.11%), Vitamin B5: 0.2mg (1.97%), Vitamin D: 0.27µg (1.79%), Vitamin B12: 0.08µg (1.36%), Vitamin B6: 0.02mg (1.22%), Manganese: 0.02mg (1.07%), Vitamin K: 1.06µg (1.01%)