



Mini Fruit Tartlets

READY IN



30 min.

SERVINGS



30

CALORIES



181 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup apricot preserves
- 0.5 teaspoon double-acting baking powder
- 1 large egg yolk
- 2 cups flour all-purpose
- 2 pints fruit such as blueberries, strawberries, raspberries and kiwifruit assorted
- 1 cup cup heavy whipping cream
- 11 oz lemon curd
- 0.3 teaspoon salt
- 0.3 cup sugar

- 1 cup sugar
- 8 tablespoons butter unsalted softened (1 stick)
- 0.5 teaspoon vanilla extract

Equipment

- frying pan
- baking sheet
- oven

Directions

- Mix flour, baking powder and salt. Beat butter and sugar until light, 2 minutes. Beat in egg, yolk and vanilla. Stir in flour mixture. Knead into a ball. Divide in half; form into disks. Wrap each in plastic; chill for 2 hours.
- Preheat oven to 350F. Line 2 large baking sheets with parchment.
- Roll out dough on a lightly floured surface to 1/8-inch thickness.
- Cut into 2-inch rounds.
- Transfer to baking sheets; leave 1 inch between cookies. Gather scraps, re-roll and cut out more circles. Repeat with second disk.
- Bake cookies until edges are golden, 12 minutes.
- Let cool.
- Make topping: Beat cream with sugar until stiff peaks form. Stir 1/3 of whipped cream into lemon curd to lighten. Fold in remaining whipped cream. Keep chilled. Just before serving, top each cookie with a teaspoonful of lemon mixture. Divide fruit among tarts.
- Melt jam in a pan over medium heat.
- Add 1 Tbsp. water; stir until liquid. Strain. Dab apricot mixture over fruit.

Nutrition Facts



PROTEIN 3.58% FAT 34.88% CARBS 61.54%

Properties

Glycemic Index:10.24, Glycemic Load:10.44, Inflammation Score:-2, Nutrition Score:2.3647826028907%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 180.56kcal (9.03%), Fat: 7.15g (10.99%), Saturated Fat: 4.43g (27.66%), Carbohydrates: 28.36g (9.45%), Net Carbohydrates: 27.6g (10.04%), Sugar: 20.08g (22.31%), Cholesterol: 23.11mg (7.7%), Sodium: 63.87mg (2.78%), Alcohol: 0.02g (100%), Alcohol %: 0.04% (100%), Protein: 1.65g (3.3%), Vitamin A: 321.44IU (6.43%), Selenium: 3.55µg (5.07%), Vitamin B1: 0.07mg (4.8%), Folate: 17.18µg (4.29%), Vitamin B2: 0.07mg (4.14%), Manganese: 0.07mg (3.4%), Vitamin B3: 0.62mg (3.12%), Fiber: 0.76g (3.05%), Iron: 0.54mg (3%), Phosphorus: 22.08mg (2.21%), Copper: 0.04mg (2.11%), Vitamin K: 2µg (1.9%), Calcium: 14.5mg (1.45%), Vitamin D: 0.21µg (1.42%), Potassium: 49.36mg (1.41%), Vitamin C: 1.09mg (1.32%), Vitamin E: 0.18mg (1.23%), Magnesium: 4.25mg (1.06%)