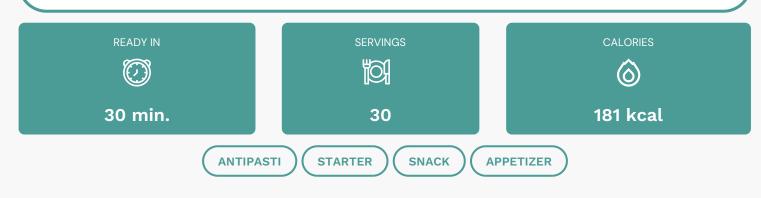


Mini Fruit Tartlets



Ingredients

U.5 cup apricot preserves
O.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
Eq	uipment
	frying pan
	baking sheet
	oven
Di	rections
	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%)