



Mini Honey-Almond Cranberry Crostatas

 Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



157 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons almond paste softened (from 3 1/2-oz tube)
- ☐ 1.5 teaspoons almonds sliced
- ☐ 1.3 cups cranberries fresh whole
- ☐ 8 teaspoons honey
- ☐ 1 pie crust dough refrigerated softened pillsbury®
- ☐ 0.3 cup water

Equipment

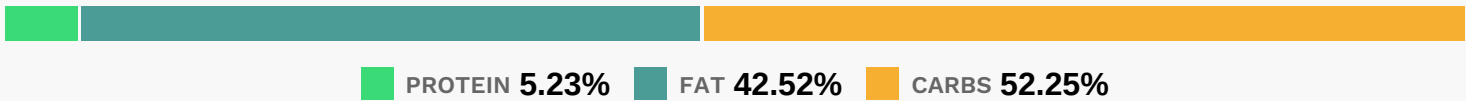
- ☐ baking sheet

- ☐ sauce pan
- ☐ baking paper
- ☐ oven

Directions

- ☐ Heat oven to 425°F.
- ☐ Place cooking parchment paper on cookie sheet. In 1-quart saucepan, heat water and honey to boiling. Stir in cranberries; reduce heat to medium-low. Cook 10 to 12 minutes, stirring frequently, until berries have popped and mixture is thickened. Cool slightly, about 15 minutes.
- ☐ Meanwhile, unroll crust on work surface.
- ☐ Roll crust out slightly; cut into 8 (4-inch) rounds. Reroll scraps and cut remaining rounds if necessary.
- ☐ Place rounds on parchment-lined cookie sheet. Discard scraps.
- ☐ Gently press 1 heaping teaspoon almond paste in center of each crust round. Divide cranberry mixture evenly over almond paste. Fold 1/2 inch of each crust round over filling, pinching slightly so crust lays flat on cranberry mixture.
- ☐ Sprinkle each with almonds.
- ☐ Bake 14 to 16 minutes or until crust is golden brown.
- ☐ Drizzle 1 teaspoon honey over each crostata. If desired, serve warm with ice cream.

Nutrition Facts



Properties

Glycemic Index:13.41, Glycemic Load:3.61, Inflammation Score:-2, Nutrition Score:3.1734782483267%

Flavonoids

Cyanidin: 7.27mg, Cyanidin: 7.27mg, Cyanidin: 7.27mg, Cyanidin: 7.27mg Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 7.68mg, Peonidin: 7.68mg, Peonidin: 7.68mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Epigallocatechin 3-

gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 157.4kcal (7.87%), Fat: 7.6g (11.69%), Saturated Fat: 1.92g (12.01%), Carbohydrates: 21g (7%), Net Carbohydrates: 19.52g (7.1%), Sugar: 8.62g (9.58%), Cholesterol: 0mg (0%), Sodium: 88.55mg (3.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.2%), Manganese: 0.22mg (11.21%), Vitamin E: 1.31mg (8.71%), Fiber: 1.49g (5.96%), Folate: 19.88µg (4.97%), Vitamin B1: 0.07mg (4.45%), Vitamin B2: 0.08mg (4.43%), Iron: 0.74mg (4.12%), Phosphorus: 36.39mg (3.64%), Vitamin B3: 0.71mg (3.55%), Magnesium: 14.19mg (3.55%), Copper: 0.06mg (3.19%), Vitamin C: 2.23mg (2.7%), Selenium: 1.57µg (2.24%), Vitamin K: 2.33µg (2.22%), Calcium: 18.34mg (1.83%), Potassium: 61.09mg (1.75%), Zinc: 0.24mg (1.59%), Vitamin B5: 0.15mg (1.47%), Vitamin B6: 0.02mg (1.22%)