



## Mini Raspberry Tarts

 Dairy Free

READY IN



31 min.

SERVINGS



20

CALORIES



114 kcal

DESSERT

### Ingredients

- 1 orange zest
- 32 raspberries fresh
- 16.5 ounce sugar cookie dough refrigerated
- 0.3 cup sugar
- 0.5 teaspoon vanilla extract

### Equipment

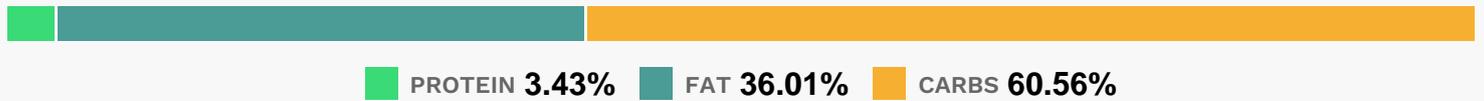
- frying pan
- oven

- wire rack
- hand mixer
- muffin tray

## Directions

- Preheat oven to 35
- Coat a mini-muffin tin with nonstick cooking spray. Divide sugar cookie dough into 32 pieces. Coat hands in flour, and roll pieces into balls. Press each ball into tin, forming dough up and around into the shape of a tart.
- Bake for 1112 minutes or until golden.
- Let cool 10 minutes in pan.
- Remove tarts, and cool completely on a wire rack. Using an electric mixer, combine cream cheese, sugar, orange zest, and vanilla. Spoon cream cheese mixture into each tart. Top each with a fresh raspberry. Chill until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:4.8, Glycemic Load:1.79, Inflammation Score:-1, Nutrition Score:1.5491304384625%

## Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 114.13kcal (5.71%), Fat: 4.59g (7.06%), Saturated Fat: 1.27g (7.94%), Carbohydrates: 17.35g (5.78%), Net Carbohydrates: 16.87g (6.13%), Sugar: 11.19g (12.43%), Cholesterol: 2.57mg (0.86%), Sodium: 68.14mg (2.96%), Alcohol: 0.03g (100%), Alcohol %: 0.15% (100%), Protein: 0.98g (1.97%), Manganese: 0.09mg (4.69%), Phosphorus:

40.59mg (4.06%), Folate: 15.59µg (3.9%), Vitamin B1: 0.05mg (3.31%), Vitamin B3: 0.59mg (2.95%), Iron: 0.46mg (2.56%), Vitamin K: 2.31µg (2.2%), Vitamin C: 1.65mg (2.01%), Fiber: 0.48g (1.93%), Vitamin B2: 0.03mg (1.82%), Potassium: 40.68mg (1.16%), Selenium: 0.75µg (1.07%)