



Mini Strawberry Rhubarb Tarts

READY IN



55 min.

SERVINGS



9

CALORIES



329 kcal

DESSERT

Ingredients

- ☐ 14.1 oz pie crust dough refrigerated softened (2 Count)
- ☐ 1 tablespoon butter
- ☐ 1.5 cups rhubarb fresh very finely chopped
- ☐ 2 cups strawberries fresh very finely chopped
- ☐ 1 cup sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon vanilla
- ☐ 0.3 teaspoon almond extract
- ☐ 0.7 cup whipped cream

☐ 9 small strawberries for garnish

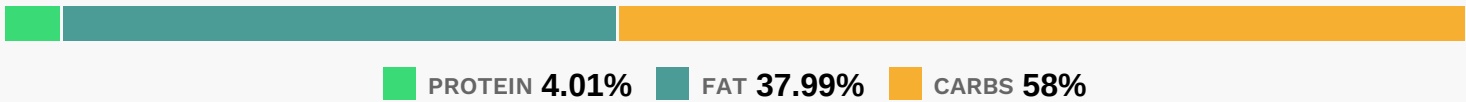
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ muffin liners
- ☐ cutting board

Directions

- ☐ Heat oven to 400°F. Spray 9 regular-size muffin cups with cooking spray.
- ☐ On large cutting board, unroll pie crust. Using 2-inch round cutter, cut pie crust into 9 rounds. Press each round into bottom of muffin cup.
- ☐ In 10-inch skillet, melt butter over medium-high heat.
- ☐ Add rhubarb; cook about 5 minutes or until slightly softened. Reduce heat to medium.
- ☐ Add strawberries, sugar, cinnamon, vanilla and almond extract; cook about 10 minutes, stirring every minute to keep mixture from burning on bottom of skillet, until mixture is the thickness of strawberry preserves.
- ☐ Spoon 2 tablespoons rhubarb-strawberry mixture into each crust-lined muffin cup.
- ☐ Bake 15 to 20 minutes or until edges of crust are light golden brown.
- ☐ Remove from muffin cups to cooling rack. Cool about 15 minutes.
- ☐ To serve, top each tart with whipped cream.
- ☐ Garnish with fresh strawberries.

Nutrition Facts



Properties

Glycemic Index:30.34, Glycemic Load:16.78, Inflammation Score:-3, Nutrition Score:6.3265217591239%

Flavonoids

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Nutrients (% of daily need)

Calories: 328.95kcal (16.45%), Fat: 14.06g (21.63%), Saturated Fat: 5.05g (31.59%), Carbohydrates: 48.29g (16.1%), Net Carbohydrates: 46g (16.73%), Sugar: 24.71g (27.45%), Cholesterol: 6.72mg (2.24%), Sodium: 193.47mg (8.41%), Alcohol: 0.1g (100%), Alcohol %: 0.11% (100%), Protein: 3.34g (6.68%), Vitamin C: 24.56mg (29.77%), Manganese: 0.4mg (19.91%), Folate: 42.06µg (10.51%), Vitamin K: 10.27µg (9.78%), Vitamin B1: 0.14mg (9.16%), Fiber: 2.29g (9.14%), Iron: 1.38mg (7.66%), Vitamin B3: 1.42mg (7.08%), Vitamin B2: 0.1mg (5.77%), Phosphorus: 48.57mg (4.86%), Potassium: 169.4mg (4.84%), Selenium: 3.12µg (4.46%), Calcium: 37.84mg (3.78%), Magnesium: 14.77mg (3.69%), Copper: 0.06mg (2.94%), Vitamin E: 0.44mg (2.92%), Vitamin B5: 0.26mg (2.61%), Vitamin B6: 0.05mg (2.37%), Zinc: 0.3mg (1.97%), Vitamin A: 95.35IU (1.91%)