



Mini Strawberry Tarts

READY IN



78 min.

SERVINGS



70

CALORIES



131 kcal

DESSERT

Ingredients

- ☐ 2 cups butter
- ☐ 0.3 cup cornstarch
- ☐ 16 ounce cream cheese softened
- ☐ 4.5 cups flour all-purpose
- ☐ 3 drops food coloring red
- ☐ 3 pounds strawberries fresh sliced
- ☐ 9 ounce strawberry jell-o® mix flavored
- ☐ 0.3 cup water
- ☐ 1 cup sugar white

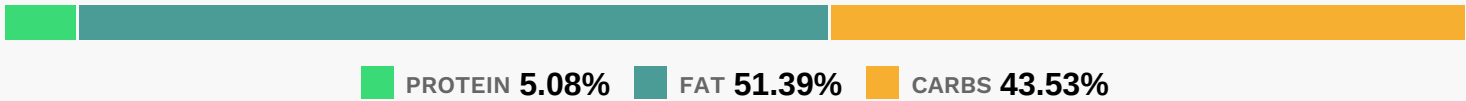
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ mini muffin tray

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease mini muffin pans.
- ☐ Place cream cheese and butter in a large bowl. Beat with an electric mixer until smooth and fluffy. Gradually beat in flour, one cup at a time, until all is incorporated.
- ☐ Roll dough into 70 small balls, and press each into a mini muffin pan cup to form the pastry crusts.
- ☐ Bake crusts in preheated oven until golden brown, 15 to 18 minutes.
- ☐ Remove from oven, and allow to cool.
- ☐ Stir gelatin, sugar, and food coloring into the boiling water.
- ☐ Place over high heat; bring back to a boil. Stir together cornstarch and water to make a paste. Stir the cornstarch mixture in the boiling gelatin until dissolved.
- ☐ Remove from heat and allow to cool completely, about 30 minutes.
- ☐ Spoon cooled gelatin mixture evenly into tart shells. Push a strawberry half down into each tart. If desired, top each tart with a small amount of whipped topping just before serving.

Nutrition Facts



Properties

Glycemic Index:3.74, Glycemic Load:6.97, Inflammation Score:-3, Nutrition Score:2.861739128828%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin:

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Nutrients (% of daily need)

Calories: 131.28kcal (6.56%), Fat: 7.64g (11.75%), Saturated Fat: 4.66g (29.11%), Carbohydrates: 14.55g (4.85%), Net Carbohydrates: 13.94g (5.07%), Sugar: 7.21g (8.01%), Cholesterol: 20.49mg (6.83%), Sodium: 79.5mg (3.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.4%), Vitamin C: 11.43mg (13.86%), Manganese: 0.13mg (6.57%), Selenium: 3.7µg (5.28%), Folate: 20.26µg (5.06%), Vitamin A: 251.44IU (5.03%), Vitamin B1: 0.07mg (4.64%), Vitamin B2: 0.06mg (3.71%), Vitamin B3: 0.56mg (2.79%), Phosphorus: 27.03mg (2.7%), Iron: 0.47mg (2.61%), Fiber: 0.61g (2.44%), Vitamin E: 0.27mg (1.78%), Potassium: 48.78mg (1.39%), Copper: 0.03mg (1.35%), Magnesium: 5.1mg (1.28%), Calcium: 12.33mg (1.23%), Vitamin B5: 0.1mg (1.04%)