



Orange Dream Tarts

READY IN



105 min.

SERVINGS



24

CALORIES



88 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 0.3 cup coconut flakes flaked
- ☐ 8 ounces cream cheese softened
- ☐ 1 egg yolk
- ☐ 3 tablespoons flour all-purpose gold medal®
- ☐ 3 tablespoons milk
- ☐ 2 teaspoons orange juice
- ☐ 0.5 teaspoon orange zest grated
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup sugar
- ☐ 0.3 teaspoon vanilla

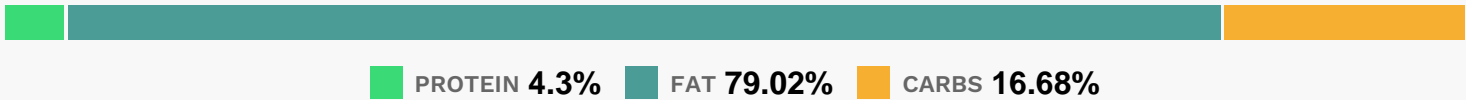
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack

Directions

- ☐ Heat oven to 375°F. In medium bowl, mix 1/2 cup butter, 1/3 cup sugar, the milk, vanilla and salt with spoon. Stir in 1 1/3 cups flour.
- ☐ Divide dough into 24 equal pieces. Press each piece in bottom and up side of small muffin cup, 1 3/4x1 inch, ungreased or lined with paper baking cups.
- ☐ In medium bowl, mix cream cheese, 1/4 cup sugar, 3 tablespoons flour, the egg yolk, orange peel and orange juice. Spoon slightly less than 1 tablespoon mixture into each cup.
- ☐ Sprinkle with coconut.
- ☐ Bake 15 to 20 minutes or until pastry is light brown around edges and filling is set. Cool slightly; loosen from cups with tip of knife.
- ☐ Remove from pan to wire rack. Cool completely, about 1 hour. Top with citrus peel just before serving. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:10.92, Glycemic Load:2.18, Inflammation Score:-2, Nutrition Score:1.1808695683013%

Flavonoids

Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 88.32kcal (4.42%), Fat: 7.91g (12.16%), Saturated Fat: 3.31g (20.71%), Carbohydrates: 3.75g (1.25%), Net Carbohydrates: 3.58g (1.3%), Sugar: 2.65g (2.95%), Cholesterol: 17.87mg (5.96%), Sodium: 99.94mg (4.35%), Alcohol: 0.01g (100%), Alcohol %: 0.08% (100%), Protein: 0.97g (1.93%), Vitamin A: 311.27IU (6.23%), Selenium: 1.76µg (2.52%), Vitamin B2: 0.04mg (2.13%), Phosphorus: 18.96mg (1.9%), Vitamin E: 0.25mg (1.69%), Manganese: 0.03mg (1.63%), Calcium: 14.4mg (1.44%)