



Orange-Pumpkin Tarts

READY IN



45 min.

SERVINGS



4

CALORIES



450 kcal

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 0.5 cup pumpkin puree canned
- ☐ 0.3 cup egg substitute
- ☐ 0.5 cup evaporated milk fat-free
- ☐ 1 teaspoon flour all-purpose
- ☐ 1 cup grands flaky refrigerator biscuits sugar-free crumbled (5 cookies)
- ☐ 2 tablespoons orange juice
- ☐ 0.5 teaspoon pumpkin pie spice
- ☐ 0.3 cup like-sugar calorie-free sweetener
- ☐ 0.3 cup non-dairy whipped topping frozen thawed reduced-calorie

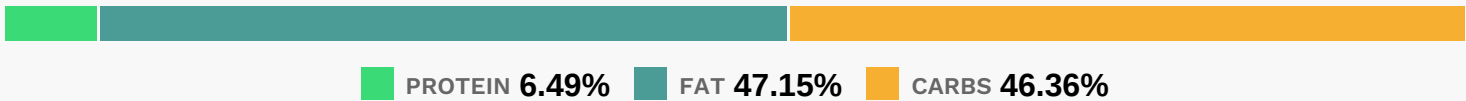
Equipment

- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat oven to 37
- ☐ Combine cookie crumbs and butter, stirring well. Coat 4 (4-inch) tartlet pans with cooking spray.
- ☐ Sprinkle flour evenly over bottoms of pans. Press crumb mixture into bottoms and three-fourths way up sides of pans.
- ☐ Bake at 375 for 5 minutes.
- ☐ Combine pumpkin and next 5 ingredients, stirring well with a whisk.
- ☐ Pour evenly into prepared crusts.
- ☐ Bake at 375 for 25 minutes or until set. Cool completely on a wire rack. Top each tart with 1 tablespoon whipped topping.
- ☐ carbo rating: 31

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:24.39, Inflammation Score:-10, Nutrition Score:14.07782620969%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 449.96kcal (22.5%), Fat: 24.31g (37.4%), Saturated Fat: 8g (50.01%), Carbohydrates: 53.79g (17.93%), Net Carbohydrates: 51.71g (18.8%), Sugar: 24.38g (27.09%), Cholesterol: 9.23mg (3.08%), Sodium: 343.17mg (14.92%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.53g (15.06%), Vitamin A: 5197.58IU (103.95%), Vitamin B2: 0.37mg (21.87%), Vitamin B1: 0.26mg (17.5%), Manganese: 0.35mg (17.29%), Selenium: 11.26µg (16.09%), Vitamin E: 2.32mg (15.46%), Folate: 61.5µg (15.37%), Iron: 2.7mg (14.97%), Phosphorus: 133.12mg (13.31%), Calcium: 118.22mg (11.82%), Vitamin K: 11.86µg (11.29%), Vitamin B3: 2.21mg (11.05%), Fiber: 2.07g (8.3%), Potassium: 279.06mg (7.97%), Vitamin B5: 0.78mg (7.75%), Vitamin C: 6.28mg (7.61%), Magnesium: 27.76mg (6.94%), Vitamin B6: 0.1mg (5.19%), Copper: 0.1mg (5.19%), Zinc: 0.76mg (5.05%), Vitamin B12: 0.12µg (1.96%), Vitamin D: 0.27µg (1.81%)