



Pear Custard Tarts

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



569 kcal

Ingredients

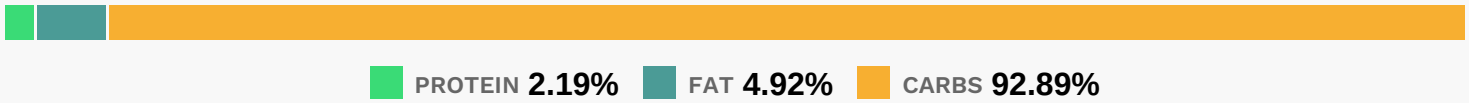
- ☐ 4 graham cracker pie crusts mini
- ☐ 4 servings nutmeg whole grated
- ☐ 12 pear wedges refrigerated sliced coarsely chopped (such as Del Monte)
- ☐ 7 ounce vanilla pudding cups fat-free (such as Hunt's)
- ☐ 0.3 cup non-dairy whipped topping fat-free frozen thawed

Equipment

Directions

Spoon pudding into pie crusts; sprinkle evenly with chopped pear. Top each serving with 1 tablespoon whipped topping; sprinkle lightly with nutmeg.

Nutrition Facts



Properties

Glycemic Index:45.19, Glycemic Load:31.69, Inflammation Score:-5, Nutrition Score:12.35913061059%

Flavonoids

Cyanidin: 11mg, Cyanidin: 11mg, Cyanidin: 11mg, Cyanidin: 11mg Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Epigallocatechin: 3.15mg, Epigallocatechin: 3.15mg, Epigallocatechin: 3.15mg, Epigallocatechin: 3.15mg Epicatechin: 20.08mg, Epicatechin: 20.08mg, Epicatechin: 20.08mg, Epicatechin: 20.08mg Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg Epigallocatechin 3–gallate: 0.91mg, Epigallocatechin 3–gallate: 0.91mg, Epigallocatechin 3–gallate: 0.91mg, Epigallocatechin 3–gallate: 0.91mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 569.25kcal (28.46%), Fat: 3.31g (5.09%), Saturated Fat: 1.03g (6.46%), Carbohydrates: 140.38g (46.79%), Net Carbohydrates: 122.62g (44.59%), Sugar: 95.97g (106.63%), Cholesterol: 0.75mg (0.25%), Sodium: 416.33mg (18.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.61%), Fiber: 17.76g (71.05%), Vitamin C: 23.02mg (27.91%), Copper: 0.47mg (23.7%), Vitamin K: 23.51µg (22.39%), Potassium: 666.2mg (19.03%), Manganese: 0.32mg (15.91%), Magnesium: 49.67mg (12.42%), Vitamin B2: 0.21mg (12.3%), Folate: 46.14µg (11.53%), Phosphorus: 100.8mg (10.08%), Iron: 1.64mg (9.12%), Vitamin B6: 0.18mg (8.89%), Vitamin B1: 0.11mg (7.32%), Vitamin B3: 1.43mg (7.16%), Calcium: 70.34mg (7.03%), Zinc: 0.87mg (5.82%), Vitamin E: 0.64mg (4.3%), Vitamin A: 143.74IU (2.87%), Vitamin B5: 0.26mg (2.62%), Selenium: 1.15µg (1.65%), Vitamin B12: 0.07µg (1.16%)