



Quickie Strawberry Tartlets

 Vegetarian

READY IN



60 min.

SERVINGS



30

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup powdered sugar
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 1 optional: lemon
- ☐ 0.3 cup orange juice fresh
- ☐ 0.5 cup cream sour
- ☐ 1 pound strawberries small to medium hulled sliced
- ☐ 2 tablespoons butter unsalted melted

Equipment

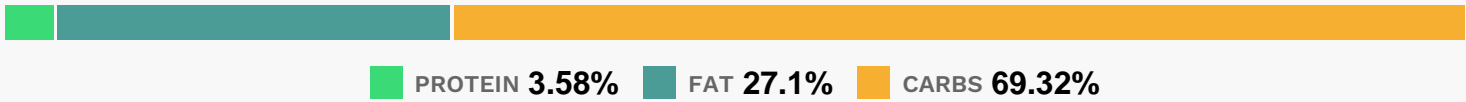
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ muffin tray
- ☐ offset spatula
- ☐ peeler
- ☐ sifter
- ☐ mini muffin tray

Directions

- ☐ Prepare the fruit: Using a vegetable peeler and a light touch, remove the zest from half of the lemon. Try to remove the zest in small pieces and leave the pith (the white part) behind. Juice the lemon into a medium bowl and mix in the zest, granulated sugar, and strawberries. Cover the bowl and refrigerate until ready to assemble the tarts.
- ☐ Preheat the oven to 375°F.
- ☐ Make the batter: Using a fine-mesh strainer or sifter, sift together the confectioners' sugar and flour into a medium bowl. Use your hands to push the sugar and flour through the strainer to make sifting easier.
- ☐ Whisk in the butter and orange juice.
- ☐ Use a cookie sheet or invert a rimmed, baking sheet onto the counter, making sure the bottom is clean. Coat with a thin layer of cooking spray. Spoon a generous teaspoon of the batter near the corner of the sheet and use a small offset spatula to spread it thinly into a small, imperfect oval, about 3 1/2- by 2 1/2- inches. Take care to leave about an inch between the ovals because they will spread a bit when they are baked. You should be able to fit about 10 on the sheet at one time.
- ☐ Bake the tart shells: Have ready a mini muffin tin or clean egg carton.

- ☐ Put the tuiles in the oven and bake until light brown, 8 to 11 minutes.
- ☐ Remove the baking sheet from the oven and while the tuiles are still warm, use an offset spatula to transfer a tuile from the baking sheet to the muffin tin. Using your fingers, press down in the center to create a shell that mimics the shape of each muffin cup. The sides will overlap or be higher than the muffin cup. That's fine. Your goal is to make a mini tart shell to fill with the strawberries. Repeat with the remaining tuiles, working with only one at a time. If the tuiles cool too much on the baking sheet before molding and aren't flexible, return the sheet to the warm oven for a minute to loosen them up before continuing.
- ☐ Let the tart shells cool completely.
- ☐ Glaze the berries: Strain the liquid from the strawberries and pour it into a small pan. Simmer over medium heat to reduce until it becomes syrupy and reduced by half, about 4 minutes. Allow to cool slightly, then pour it back over the strawberries, and toss to blend.
- ☐ Remove the shells from the muffin tin. Put a small dollop of sour cream in the bottom of each shell and top with some of the strawberries. Assemble and then eat immediately. They become soggy quickly.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:2.83, Inflammation Score:-1, Nutrition Score:1.6030434875385%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 3.76mg, Pelargonidin: 3.76mg, Pelargonidin: 3.76mg, Pelargonidin: 3.76mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 50.65kcal (2.53%), Fat: 1.59g (2.44%), Saturated Fat: 0.87g (5.46%), Carbohydrates: 9.13g (3.04%), Net Carbohydrates: 8.67g (3.15%), Sugar: 6.72g (7.46%), Cholesterol: 4.27mg (1.42%), Sodium: 1.67mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.94%), Vitamin C: 11.87mg (14.38%), Manganese: 0.07mg (3.73%), Folate: 8.72µg (2.18%), Fiber: 0.46g (1.85%), Vitamin B1: 0.02mg (1.61%), Selenium: 0.97µg (1.38%), Vitamin B2: 0.02mg (1.34%), Potassium: 39.59mg (1.13%), Vitamin A: 53.95IU (1.08%), Iron: 0.19mg (1.06%)