



Raspberry-Cream Cheese Tarts

 Vegetarian

READY IN



8 min.

SERVINGS



6

CALORIES



234 kcal

DESSERT

Ingredients

- 8 ounce weight cream cheese fat-free softened
- 6 graham crackers mini
- 2 tablespoons mascarpone cheese softened
- 1.5 cups raspberries fresh
- 0.3 cup raspberry jam seedless
- 0.3 cup sugar
- 1 teaspoon vanilla

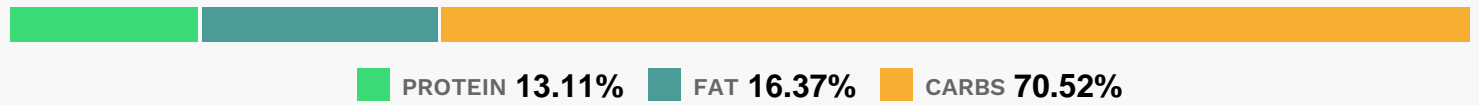
Equipment

- bowl
- whisk
- blender

Directions

- Combine first 4 ingredients in a large bowl. Beat with a mixer at high speed 1 to 2 minutes or until smooth. Spoon cheese mixture evenly into crusts.
- Place jam in a medium bowl; stir with a whisk until smooth.
- Add raspberries, stirring until coated; spoon evenly over cheese filling in each tart.
- Serve immediately, or refrigerate 3 hours or until thoroughly chilled.

Nutrition Facts



Properties

Glycemic Index:37.52, Glycemic Load:22.76, Inflammation Score:-2, Nutrition Score:6.3713043358015%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 234.36kcal (11.72%), Fat: 4.27g (6.57%), Saturated Fat: 1.87g (11.68%), Carbohydrates: 41.4g (13.8%), Net Carbohydrates: 38.77g (14.1%), Sugar: 26.95g (29.95%), Cholesterol: 9.54mg (3.18%), Sodium: 366.88mg (15.95%), Alcohol: 0.23g (100%), Alcohol %: 0.25% (100%), Protein: 7.69g (15.39%), Phosphorus: 238.3mg (23.83%), Calcium: 162.2mg (16.22%), Vitamin C: 9.52mg (11.54%), Manganese: 0.22mg (10.85%), Fiber: 2.63g (10.54%), Vitamin B2: 0.16mg (9.55%), Folate: 28.05µg (7.01%), Zinc: 0.98mg (6.52%), Magnesium: 24.01mg (6%), Vitamin B12: 0.36µg (5.98%), Potassium: 190.92mg (5.45%), Iron: 0.96mg (5.31%), Vitamin B5: 0.42mg (4.2%), Vitamin B3: 0.81mg

(4.03%), Vitamin B1: 0.06mg (3.98%), Selenium: 2.36µg (3.37%), Copper: 0.06mg (3.25%), Vitamin B6: 0.05mg (2.67%), Vitamin K: 2.42µg (2.3%), Vitamin A: 99.93IU (2%), Vitamin E: 0.29mg (1.94%)