

## Raspberry Tarts

READY IN



15 min.

SERVINGS



2

CALORIES



392 kcal

DESSERT

### Ingredients

- 2 graham crackers
- 3 tablespoons cup heavy whipping cream
- 2 tablespoons marshmallow creme
- 16 raspberries fresh
- 2 tablespoons raspberry jam red seedless
- 0.3 cups semi chocolate chips

### Equipment

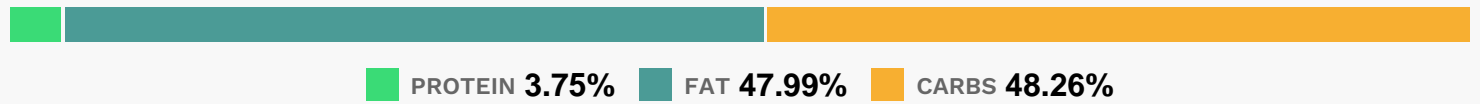
- sauce pan

knife

## Directions

- In a small saucepan, heat preserves until melted; stir. Spoon into graham cracker shells. In another saucepan, bring cream to a boil.
- Remove from the heat; stir in the chocolate chips until melted and smooth. Spoon into shells.
- Heat marshmallow creme just until softened; drop by teaspoonfuls onto chocolate.
- Cut through with a knife to swirl. Arrange raspberries around the outer edge of crusts. Refrigerate until serving.

## Nutrition Facts



## Properties

Glycemic Index:77.5, Glycemic Load:15.22, Inflammation Score:-5, Nutrition Score:7.8834782579671%

## Flavonoids

Cyanidin: 7.32mg, Cyanidin: 7.32mg, Cyanidin: 7.32mg, Cyanidin: 7.32mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 391.96kcal (19.6%), Fat: 21.13g (32.51%), Saturated Fat: 12.01g (75.05%), Carbohydrates: 47.82g (15.94%), Net Carbohydrates: 43.68g (15.88%), Sugar: 28.99g (32.21%), Cholesterol: 27.23mg (9.07%), Sodium: 107.89mg (4.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 25.8mg (8.6%), Protein: 3.72g (7.44%), Manganese: 0.51mg (25.65%), Copper: 0.42mg (20.77%), Magnesium: 66.96mg (16.74%), Fiber: 4.14g (16.54%), Iron: 2.71mg (15.03%), Phosphorus: 127.77mg (12.78%), Zinc: 1.2mg (8%), Vitamin C: 6.09mg (7.38%), Potassium: 255.82mg (7.31%), Vitamin A: 351.03IU (7.02%), Vitamin B2: 0.11mg (6.58%), Calcium: 52.51mg (5.25%), Selenium: 3.63µg (5.18%), Vitamin B3: 0.9mg (4.49%), Vitamin K: 4.13µg (3.93%), Vitamin E: 0.55mg (3.65%), Vitamin B1: 0.05mg (3.62%), Folate: 12.9µg (3.22%), Vitamin D: 0.36µg (2.4%), Vitamin B6: 0.04mg (2.24%), Vitamin B5: 0.2mg (2.04%),

Vitamin B12: 0.09µg (1.5%)