



Raspberry-Topped Amaretto Tarts

READY IN



45 min.

SERVINGS



2

CALORIES



306 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons amaretto (almond-flavored liqueur)
- ☐ 1.5 teaspoons butter melted
- ☐ 0.3 cup vanilla wafer cookie crumbs (6 cookies)
- ☐ 5 teaspoons cornstarch
- ☐ 1 large egg yolk
- ☐ 1 cup milk 2% divided reduced-fat
- ☐ 0.5 cup raspberries fresh
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon sugar

- ☐ 3 tablespoons sugar
- ☐ 0.3 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat oven to 350
- ☐ To prepare crust, combine crumbs, butter, and 1 teaspoon sugar, tossing with a fork until moist. Divide mixture evenly between 2 (7.5-inch) ceramic crêpe dishes coated with cooking spray. Press mixture into bottom of dishes.
- ☐ Bake at 350 for 10 minutes or until lightly browned; cool completely on a wire rack.
- ☐ To prepare filling, combine 1/4 cup milk, 3 tablespoons sugar, cornstarch, salt, and egg yolk in a medium bowl, stirring with a whisk.
- ☐ Heat 3/4 cup milk over medium heat in a small, heavy saucepan to 180° or until tiny bubbles form around edge (do not boil). Gradually add hot milk to sugar mixture, stirring constantly with a whisk.
- ☐ Place mixture in pan; cook over medium heat until thick and bubbly (about 5 minutes), stirring constantly.
- ☐ Remove pan from heat; stir in liqueur and vanilla. Spoon custard into a small bowl; place bowl inside a medium ice-filled bowl for 10 minutes or until custard comes to room temperature, stirring occasionally.
- ☐ Remove bowl from ice; spoon custard into prepared crusts. Cover and chill 2 to 6 hours.
- ☐ Uncover tarts. Arrange 1/4 cup raspberries on top of each tart.
- ☐ Garnish with mint sprigs, if desired.

Nutrition Facts

 **PROTEIN 8.42%**  **FAT 33.47%**  **CARBS 58.11%**

Properties

Glycemic Index:140.09, Glycemic Load:19.38, Inflammation Score:-3, Nutrition Score:8.2386956007584%

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: 306kcal (15.3%), Fat: 11.18g (17.2%), Saturated Fat: 5.25g (32.79%), Carbohydrates: 43.67g (14.56%), Net Carbohydrates: 41.52g (15.1%), Sugar: 31.68g (35.2%), Cholesterol: 109.3mg (36.43%), Sodium: 274.52mg (11.94%), Alcohol: 1.47g (100%), Alcohol %: 0.92% (100%), Protein: 6.33g (12.65%), Vitamin B2: 0.32mg (18.82%), Calcium: 163.09mg (16.31%), Phosphorus: 160.54mg (16.05%), Manganese: 0.28mg (14.08%), Vitamin B12: 0.8µg (13.29%), Selenium: 8.86µg (12.65%), Vitamin C: 8.1mg (9.81%), Folate: 34.85µg (8.71%), Fiber: 2.16g (8.63%), Vitamin B5: 0.81mg (8.15%), Vitamin B1: 0.12mg (7.68%), Vitamin A: 357.29IU (7.15%), Potassium: 234.49mg (6.7%), Zinc: 0.96mg (6.4%), Vitamin E: 0.91mg (6.05%), Magnesium: 22.19mg (5.55%), Vitamin B6: 0.1mg (5.01%), Iron: 0.87mg (4.86%), Vitamin K: 4.27µg (4.07%), Vitamin B3: 0.71mg (3.55%), Vitamin D: 0.46µg (3.06%), Copper: 0.06mg (2.91%)