



## Raspberry Vanilla Tartlets

READY IN



30 min.

SERVINGS



24

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tablespoons cornstarch
- 1 large eggs
- 4 tablespoons cup heavy whipping cream sour reduced-fat
- 1.5 cups lowfat milk (1-percent)
- 24 phyllo tartlet shells mini at room temperature
- 24 medium raspberries whole halved
- 0.1 teaspoon salt fine
- 0.3 cup sugar
- 2 teaspoons vanilla extract

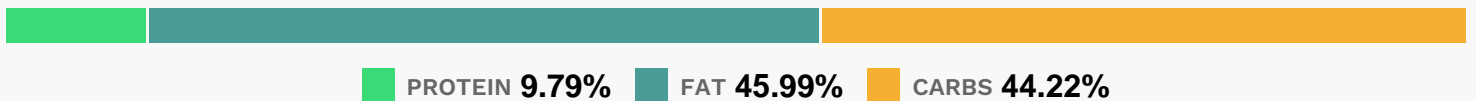
## Equipment

- bowl
- sauce pan
- whisk

## Directions

- Whisk together the sugar, cornstarch and salt in a large saucepan; whisk in the milk until smooth.
- Heat over medium-high heat, whisking, until bubbles begin to form.
- Remove from the heat.
- Whisk the egg in a medium bowl. Slowly pour 1/4 cup of the hot milk mixture into the egg while whisking vigorously until smooth.
- Pour the mixture back into the saucepan and cook over medium-high heat, whisking vigorously, until thick and starting to bubble, about 2 minutes.
- Transfer the mixture to a bowl and let cool until thick, whisking frequently.
- Whisk in the sour cream and vanilla.
- Scoop about 1 scant tablespoon vanilla pudding into each tartlet shell and top each with a raspberry.
- Serve immediately, or cover and refrigerate up to 2 hours.

## Nutrition Facts



## Properties

Glycemic Index:4, Glycemic Load:1.48, Inflammation Score:-1, Nutrition Score:1.3295652289753%

## Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin:

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## **Nutrients (% of daily need)**

Calories: 91.24kcal (4.56%), Fat: 4.57g (7.03%), Saturated Fat: 1.95g (12.18%), Carbohydrates: 9.89g (3.3%), Net Carbohydrates: 9.08g (3.3%), Sugar: 3.62g (4.02%), Cholesterol: 12.55mg (4.18%), Sodium: 62.65mg (2.72%), Alcohol: 0.11g (100%), Alcohol %: 0.38% (100%), Protein: 2.19g (4.38%), Iron: 1.37mg (7.59%), Fiber: 0.8g (3.21%), Calcium: 23.15mg (2.32%), Phosphorus: 21.42mg (2.14%), Vitamin B2: 0.03mg (2%), Vitamin B12: 0.12µg (1.95%), Selenium: 1.05µg (1.5%), Vitamin D: 0.21µg (1.39%)