



Ricotta Cheesecake Tarts

READY IN



220 min.

SERVINGS



40

CALORIES



295 kcal

DESSERT

Ingredients

- 2 eggs
- 2 Tbsp flour
- 3 cups fruit assorted canned peeled drained
- 12 ready-to-use graham cracker pie crusts mini
- 0.3 cup half-and-half
- 1 Tbsp juice of lemon fresh
- 1 tsp lemon zest grated
- 15 oz polly-o original ricotta cheese
- 0.3 cup sugar

0.5 tsp vanilla

Equipment

oven

hand mixer

Directions

Preheat oven to 350F. Beat cheese, sugar, half-and-half, flour, lemon zest, lemon juice and vanilla with electric mixer on medium speed 1 to 2 min. or until well blended.

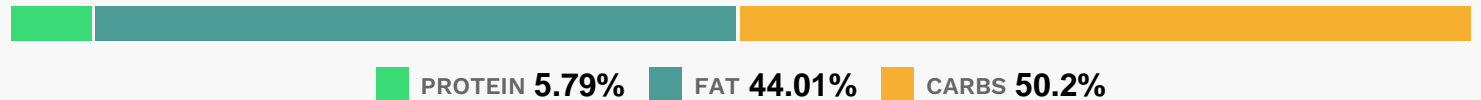
Add eggs; mix well.

Pour evenly into pie crusts, adding about 1/4 cup of the batter to each shell.

Bake 25 to 30 min. or until centers are almost set. Cool.

Refrigerate at least 3 hours or up to 24 hours. Top with fruit. Store leftover tarts in refrigerator.

Nutrition Facts



Properties

Glycemic Index:5.35, Glycemic Load:2.16, Inflammation Score:-3, Nutrition Score:6.495652191017%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.22mg, Hesperetin: 1.22mg, Hesperetin: 1.22mg, Hesperetin: 1.22mg Naringenin: 1.47mg, Naringenin: 1.47mg, Naringenin: 1.47mg, Naringenin: 1.47mg

Nutrients (% of daily need)

Calories: 294.93kcal (14.75%), Fat: 14.47g (22.26%), Saturated Fat: 3.61g (22.58%), Carbohydrates: 37.13g (12.38%), Net Carbohydrates: 35.88g (13.05%), Sugar: 12.56g (13.96%), Cholesterol: 14.14mg (4.71%), Sodium: 253.51mg (11.02%), Alcohol: 0.02g (100%), Alcohol %: 0.03% (100%), Protein: 4.28g (8.56%), Manganese: 0.67mg (33.31%), Vitamin K: 11.26µg (10.73%), Folate: 38.61µg (9.65%), Vitamin B2: 0.15mg (8.82%), Vitamin B3: 1.73mg (8.67%), Phosphorus: 85.63mg (8.56%), Iron: 1.45mg (8.04%), Vitamin B1: 0.11mg (7.21%), Vitamin E: 1.01mg (6.75%), Copper: 0.12mg (6.23%), Zinc: 0.81mg (5.39%), Selenium: 3.74µg (5.35%), Vitamin C: 4.13mg (5%), Fiber: 1.25g (5%), Calcium: 45.23mg (4.52%), Magnesium: 15.19mg (3.8%), Vitamin A: 164.7IU (3.29%), Vitamin B6: 0.06mg (2.98%), Potassium: 99.08mg (2.83%), Vitamin B5: 0.19mg (1.85%)