



Rustic Tartlets Filled with Dulce de Leche, Strawberries and Mango

 Vegetarian

READY IN



90 min.

SERVINGS



12

CALORIES



214 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup flour all-purpose
- 1 tablespoon granulated sugar
- 0.3 teaspoon salt
- 6 tablespoons butter unsalted cold cut into small pieces
- 0.3 cup water
- 20 strawberries fresh diced
- 1 large mangos diced ripe peeled

- 1 tablespoon granulated sugar
- 13.4 ounce condensed milk sweetened canned (caramelized condensed milk)
- 1 leaves mint leaves fresh

Equipment

- food processor
- bowl
- baking sheet
- oven
- wire rack
- plastic wrap
- rolling pin
- tart form

Directions

- In covered food processor, process flour, 1 tablespoon sugar and the salt with on-and-off pulse to mix.
- Add cold butter; pulse several times. Slowly add ice water, pulsing until dough holds together. Do not over mix.
- Place dough on lightly floured surface; gather dough into a ball. Wrap dough in plastic wrap; refrigerate at least 30 minutes.
- To make Filling, in medium bowl, gently toss strawberries, mango and 1 tablespoon sugar. Refrigerate.
- To assemble tartlets, heat oven to 350°F. Spray 12 to 15 (3-inch) tart pans with cooking spray.
- On floured surface, roll out dough with rolling pin.
- Cut dough into rounds slightly larger than pans. Press dough rounds in bottom and up side of each tart pan; trim any dough overhang.
- Place pans on cookie sheet.
- Bake on center oven rack 15 to 20 minutes or until shells are light golden brown.
- Place cookie sheet on cooling rack; cool shells in pans.

- Remove Tartlet Shells from pans. Spoon and spread dollop of dulce de leche in each shell.
- Add spoonful of strawberry-mango mixture to each.
- Garnish each with mint leaf.

Nutrition Facts



Properties

Glycemic Index:30.66, Glycemic Load:19.3, Inflammation Score:-4, Nutrition Score:6.1300000574278%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 4.97mg, Pelargonidin: 4.97mg, Pelargonidin: 4.97mg, Pelargonidin: 4.97mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 214.18kcal (10.71%), Fat: 8.67g (13.33%), Saturated Fat: 5.37g (33.55%), Carbohydrates: 31.29g (10.43%), Net Carbohydrates: 30.33g (11.03%), Sugar: 22.59g (25.1%), Cholesterol: 25.81mg (8.6%), Sodium: 90.27mg (3.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.83%), Vitamin C: 18.86mg (22.86%), Selenium: 8.48µg (12.12%), Vitamin B2: 0.2mg (11.58%), Phosphorus: 100.24mg (10.02%), Calcium: 98.45mg (9.85%), Vitamin A: 448.68IU (8.97%), Folate: 34.98µg (8.74%), Manganese: 0.16mg (8.08%), Vitamin B1: 0.12mg (8.02%), Potassium: 189.93mg (5.43%), Vitamin B3: 0.88mg (4.39%), Fiber: 0.96g (3.83%), Magnesium: 15.04mg (3.76%), Iron: 0.66mg (3.65%), Vitamin B5: 0.35mg (3.5%), Vitamin E: 0.43mg (2.88%), Zinc: 0.42mg (2.81%), Vitamin B6: 0.05mg (2.54%), Copper: 0.05mg (2.53%), Vitamin B12: 0.15µg (2.52%), Vitamin K: 1.88µg (1.79%), Vitamin D: 0.17µg (1.12%)