



Strawberry-Fromage Blanc Tartlets

 Dairy Free

READY IN



80 min.

SERVINGS



30

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup balsamic vinegar
- ☐ 1 large eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 4 tablespoons honey
- ☐ 1 tablespoon juice of lemon
- ☐ 6 oz fromage blanc
- ☐ 3.8 oz mini-phylo pastry shells frozen
- ☐ 1 pinch nutmeg

- ☐ 1 tablespoon orange liqueur
- ☐ 0.5 pt strawberries fresh chopped
- ☐ 2 tablespoons sugar

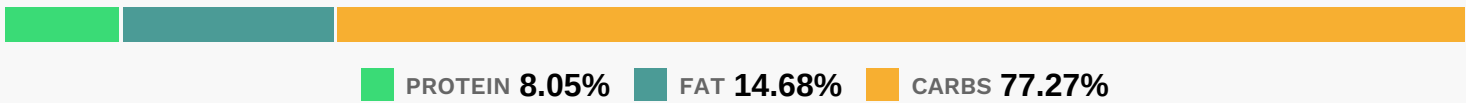
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 350
- ☐ Process first 6 ingredients in a food processor until smooth. Slowly sift in flour; process until blended.
- ☐ Spoon 1 heaping teaspoonful mixture into each phyllo shell.
- ☐ Place on a baking sheet.
- ☐ Bake at 350 for 10 minutes or until set.
- ☐ Meanwhile, cook balsamic vinegar in a large saucepan over medium heat 10 minutes or until reduced to 1/4 cup. Cool completely (about 30 minutes).
- ☐ Toss strawberries with sugar. Spoon strawberries over tartlets; drizzle with balsamic reduction.
- ☐ Serve immediately.
- ☐ Note: We tested with Belle Chvre fromage blanc, Grand Marnier orange liqueur, and Colavita Balsamic Vinegar.

Nutrition Facts



Properties

Glycemic Index:11.91, Glycemic Load:2.95, Inflammation Score:-1, Nutrition Score:0.81956520935763%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.96mg, Pelargonidin: 1.96mg, Pelargonidin: 1.96mg, Pelargonidin: 1.96mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 49.11kcal (2.46%), Fat: 0.7g (1.08%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 8.33g (2.78%), Net Carbohydrates: 8.14g (2.96%), Sugar: 5.43g (6.04%), Cholesterol: 6.2mg (2.07%), Sodium: 12.05mg (0.52%), Alcohol: 1.09g (100%), Alcohol %: 4.27% (100%), Protein: 0.87g (1.74%), Vitamin C: 4.85mg (5.87%), Manganese: 0.05mg (2.44%), Selenium: 0.74µg (1.06%)