

# Strawberry Kiwi Tartlets

 Vegetarian

READY IN



55 min.

SERVINGS



12

CALORIES



379 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 teaspoons powdered sugar
- 1 eggs
- 0.5 cup cup heavy whipping cream
- 2 tablespoons honey
- 4 kiwi fruit peeled seeded
- 12 puff pastry shells frozen thawed
- 2 pints strawberries fresh sliced
- 0.3 cup strawberry jam

2 teaspoons water

## Equipment

food processor

bowl

sauce pan

oven

## Directions

Beat together the egg and water in a bowl.

Brush the puff pastry shells with the egg mixture, and bake shells according to package directions.

Melt the preserves in a saucepan over low heat.

Remove from heat, and stir in the strawberry slices.

In a food processor, blend the kiwis and honey until smooth. In a large bowl, beat together the cream and sugar until stiff peaks form.

Fill each puff pastry shell with strawberries, drizzle with kiwi sauce, and top with whipped cream to serve.

## Nutrition Facts



**PROTEIN 5.25%** **FAT 51.75%** **CARBS 43%**

## Properties

Glycemic Index:21.33, Glycemic Load:20.05, Inflammation Score:-6, Nutrition Score:12.39652151906%

## Flavonoids

Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 19.6mg, Pelargonidin: 19.6mg, Pelargonidin: 19.6mg, Pelargonidin: 19.6mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-

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

Calories: 378.95kcal (18.95%), Fat: 22.21g (34.17%), Saturated Fat: 6.95g (43.43%), Carbohydrates: 41.53g (13.84%), Net Carbohydrates: 38.23g (13.9%), Sugar: 15.01g (16.68%), Cholesterol: 24.85mg (8.28%), Sodium: 130.43mg (5.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.14%), Vitamin C: 69.94mg (84.77%), Manganese: 0.57mg (28.56%), Vitamin K: 21.85µg (20.81%), Selenium: 13.39µg (19.13%), Folate: 66.7µg (16.68%), Vitamin B1: 0.22mg (14.61%), Fiber: 3.3g (13.21%), Vitamin B3: 2.39mg (11.96%), Vitamin B2: 0.2mg (11.88%), Iron: 1.73mg (9.64%), Copper: 0.15mg (7.33%), Phosphorus: 72.39mg (7.24%), Vitamin E: 1.02mg (6.79%), Potassium: 232.97mg (6.66%), Magnesium: 24.22mg (6.05%), Vitamin A: 201.9IU (4.04%), Vitamin B6: 0.08mg (3.89%), Calcium: 38.66mg (3.87%), Zinc: 0.49mg (3.24%), Vitamin B5: 0.24mg (2.4%), Vitamin D: 0.23µg (1.55%)