



Strawberry "Pop-Tarts"

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



480 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups all purpose flour plus additional for shaping and rolling
- ☐ 1 teaspoon coarse kosher salt
- ☐ 4 tablespoons ice water
- ☐ 8 servings powdered sugar
- ☐ 8 servings strawberries fresh
- ☐ 12 tablespoons strawberry preserves organic homemade (preferably)
- ☐ 1 teaspoon sugar
- ☐ 1 cup butter unsalted chilled cut into 1/2-inch cubes (2 sticks)

Equipment

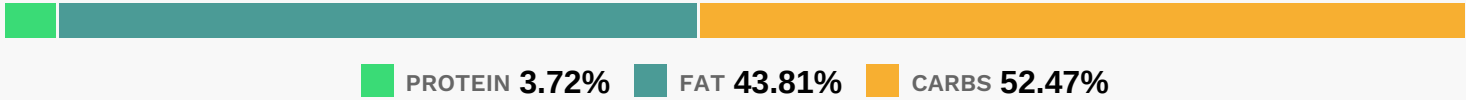
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ toothpicks

Directions

- ☐ Whisk 2 cups plus 2 tablespoons flour, coarse salt, and sugar in large bowl.
- ☐ Add butter. Using fingertips or back of fork, blend in butter until mixture resembles coarse meal.
- ☐ Add ice water by tablespoonfuls, tossing until moist clumps form. Gather dough into ball. Divide in half; shape each half into disk. Wrap in plastic. Chill at least 1 hour.
- ☐ Line 2 large rimmed baking sheets with parchment. Working with 1 disk at a time, roll out dough on floured surface to about 13x11 inches. Trim to 12x10-inch rectangle, then cut into eight 5x3-inch rectangles.
- ☐ Arrange 4 rectangles, spaced apart, on each sheet. Spoon 1 1/2 tablespoons preserves in row down center of each rectangle. Top preserves with second dough rectangle. Using fingertips, gently press all edges of each tart to seal; press all edges with tines of fork to double-seal. Using toothpick, poke a few holes in center of top dough rectangle. Cover; freeze tarts on sheets at least 2 hours and up to 1 week.
- ☐ Position 1 rack in top third and 1 rack in bottom third of oven and preheat to 375°F.
- ☐ Bake frozen tarts uncovered until golden, reversing sheets after 15 minutes, 25 to 30 minutes total (some preserves may leak out). Immediately transfer tarts to rack. Sift powdered sugar lightly over.
- ☐ Serve warm or at room temperature with fresh berries.
- ☐ Per serving: 383.3 kcal calories,
- ☐ 7 % calories from fat, 22.0 g fat,
- ☐ 0 g saturated fat,
- ☐ 0 mg cholesterol,

- ☐ 4 g carbohydrates,
- ☐ 6 g total sugars,
- ☐ 9 g net carbohydrates,
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:30.01, Glycemic Load:32.06, Inflammation Score:-7, Nutrition Score:14.324347716311%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 479.72kcal (23.99%), Fat: 23.78g (36.58%), Saturated Fat: 14.65g (91.55%), Carbohydrates: 64.08g (21.36%), Net Carbohydrates: 60.02g (21.83%), Sugar: 30.02g (33.35%), Cholesterol: 61.01mg (20.34%), Sodium: 306.01mg (13.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.09%), Vitamin C: 87.31mg (105.83%), Manganese: 0.78mg (39.16%), Folate: 95.9µg (23.97%), Vitamin B1: 0.29mg (19.07%), Selenium: 12.11µg (17.29%), Fiber: 4.05g (16.22%), Vitamin A: 726.37IU (14.53%), Vitamin B2: 0.22mg (12.95%), Iron: 2.2mg (12.23%), Vitamin B3: 2.42mg (12.12%), Potassium: 283.9mg (8.11%), Phosphorus: 80.82mg (8.08%), Vitamin E: 1.13mg (7.54%), Copper: 0.15mg (7.53%), Magnesium: 27.44mg (6.86%), Vitamin K: 5.25µg (5%), Vitamin B6: 0.09mg (4.41%), Calcium: 41.03mg (4.1%), Vitamin B5: 0.35mg (3.54%), Zinc: 0.47mg (3.11%), Vitamin D: 0.43µg (2.84%)