



Strawberry Shortbread Tarts

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



276 kcal

DESSERT

Ingredients

- ☐ 0.7 cup all purpose flour
- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.3 cup cornstarch
- ☐ 1 teaspoon orange peel grated
- ☐ 0.3 cup powdered sugar
- ☐ 0.5 cup currant jelly ()
- ☐ 0.3 teaspoon salt
- ☐ 60 small strawberries stemmed () (from 4 baskets)

- ☐ 10 tablespoons butter unsalted room temperature ()
- ☐ 1 teaspoon vanilla extract

Equipment

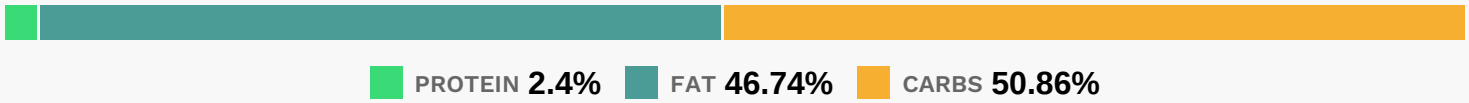
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Sift flour, cornstarch, baking powder and salt into medium bowl. Using electric mixer, beat butter, sugar, vanilla extract and orange peel in large bowl until fluffy.
- ☐ Add flour mixture and beat just until moist clumps form. Gather dough into ball; flatten into disk. Wrap and refrigerate until firm, at least 1 hour and up to 1 day.
- ☐ Preheat oven to 325°F. Line large baking sheet with parchment paper.
- ☐ Roll out dough on lightly floured surface to 1/4-inch-thick round. Using 3- to 3 1/4-inch cutter, cut out cookies.
- ☐ Transfer cookies to prepared baking sheet. Gather dough and reroll to 1/4-inch thickness; cut out more cookies.
- ☐ Bake until cookies are light brown at edges, about 15 minutes. Cool on sheet. (Can be made 1 day ahead. Store airtight at room temperature.)
- ☐ Whisk 1/2 cup currant jelly in small saucepan over low heat until melted and smooth.
- ☐ Place 8 shortbread cookies on plates; brush generously with currant jelly (reserve remaining cookies for another use).
- ☐ Brush bottom of 1 strawberry with currant jelly; set strawberry, currant jelly side down, in center of 1 cookie.
- ☐ Brush bottom of more strawberries with currant jelly and arrange around center strawberry.

- ☐
- Brush top of all strawberries with currant jelly to glaze. Repeat with remaining cookies and strawberries. (Can be prepared 2 hours ahead.
- ☐
- Let stand at room temperature.)

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:14.9, Inflammation Score:-5, Nutrition Score:5.8117390663727%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 13.05mg, Pelargonidin: 13.05mg, Pelargonidin: 13.05mg, Pelargonidin: 13.05mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 275.71kcal (13.79%), Fat: 14.47g (22.26%), Saturated Fat: 9.02g (56.35%), Carbohydrates: 35.43g (11.81%), Net Carbohydrates: 33.81g (12.29%), Sugar: 17.87g (19.85%), Cholesterol: 37.63mg (12.54%), Sodium: 95.89mg (4.17%), Alcohol: 0.17g (100%), Alcohol %: 0.2% (100%), Protein: 1.67g (3.34%), Vitamin C: 33.08mg (40.1%), Manganese: 0.29mg (14.33%), Vitamin A: 444.67IU (8.89%), Folate: 34.6µg (8.65%), Vitamin B1: 0.1mg (6.6%), Fiber: 1.63g (6.51%), Selenium: 4.49µg (6.41%), Vitamin B2: 0.09mg (5.1%), Iron: 0.85mg (4.69%), Vitamin B3: 0.84mg (4.19%), Vitamin E: 0.59mg (3.94%), Phosphorus: 35.43mg (3.54%), Copper: 0.07mg (3.36%), Potassium: 113.56mg (3.24%), Magnesium: 10.59mg (2.65%), Calcium: 26.39mg (2.64%), Vitamin K: 2.41µg (2.3%), Vitamin D: 0.26µg (1.75%), Vitamin B6: 0.03mg (1.73%), Vitamin B5: 0.14mg (1.36%), Zinc: 0.18mg (1.19%)