



Strawberry Tarts

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



74 kcal

DESSERT

Ingredients

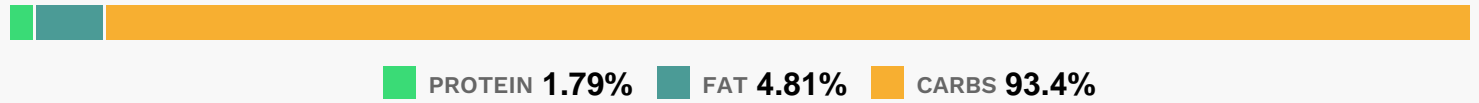
- 1 cup apple juice
- 2.5 tablespoons cornstarch
- 1 pinch salt
- 3 cups strawberries fresh
- 4 inch phyllo tart shells prepared
- 0.7 cup sugar white

Equipment

Directions

- To Make Glaze: Blend the sugar, cornstarch, and salt; stir into apple juice. Cook over a medium heat, stirring constantly until smooth and thick. Allow to cool for 10 minutes.
- Spread a small quantity of the glaze over the bottoms of the shells. Arrange washed and hulled fresh berries over the glaze, slicing if necessary to fit into the tarts. Spoon remaining glaze carefully over the berries, covering them well. Chill for 2 to 4 hours.
- Serve garnished with whipped cream if desired.

Nutrition Facts



Properties

Glycemic Index:12.57, Glycemic Load:9.51, Inflammation Score:-1, Nutrition Score:2.3213043290636%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 74.18kcal (3.71%), Fat: 0.41g (0.64%), Saturated Fat: 0.11g (0.69%), Carbohydrates: 18.05g (6.02%), Net Carbohydrates: 17.23g (6.27%), Sugar: 14.88g (16.53%), Cholesterol: 0.2mg (0.07%), Sodium: 7.1mg (0.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.69%), Vitamin C: 21.35mg (25.88%), Manganese: 0.16mg (7.78%), Fiber: 0.82g (3.27%), Potassium: 76.23mg (2.18%), Folate: 8.64µg (2.16%), Iron: 0.27mg (1.47%), Magnesium: 5.76mg (1.44%), Copper: 0.02mg (1.07%), Phosphorus: 10.3mg (1.03%), Vitamin B6: 0.02mg (1.03%)