



Strawberry tarts

READY IN



55 min.

SERVINGS



4

CALORIES



434 kcal

Ingredients

- ☐ 350 g pastry crust sweet
- ☐ 150 ml double cream
- ☐ 1 tbsp lemon curd
- ☐ 0.5 strawberries
- ☐ 2 tbsp strawberry jam whole

Equipment

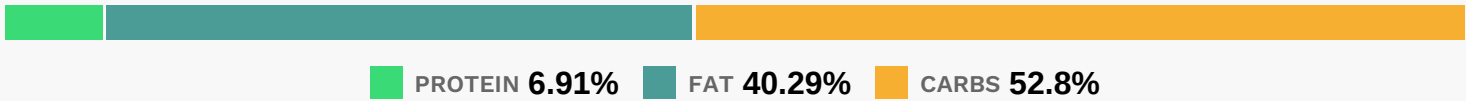
- ☐ bowl
- ☐ oven
- ☐ knife

☐ whisk

Directions

- ☐ Ask a grown-up to turn the oven to 180C/fan 160C/gas
- ☐ Roll the pastry out on a floured surface until its as thick as 1 coin.
- ☐ Cut round a saucer to make 4 circles. Put each one into the tin.
- ☐ Put a square of greaseproof paper and some rice in each. Ask a grown-up to put them in the oven for 25 minutes, then take paper and rice out. Leave to cool.
- ☐ Use a whisk to whisk the cream until it starts to get thick, then stir in the lemon curd.
- ☐ Pull the green hulls out of the strawberries, and cut each one carefully into slices with a small knife.
- ☐ Spoon the cream into 4 pastry cases. Arrange the strawberry slices in a spiral or in rows on top of the lemon cream.
- ☐ Mix the jam in a bowl with 1 tbsp hot water, then brush it over the strawberries.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:20.62, Inflammation Score:-5, Nutrition Score:9.874782624452%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 434.08kcal (21.7%), Fat: 19.32g (29.72%), Saturated Fat: 10.24g (64.03%), Carbohydrates: 56.97g (18.99%), Net Carbohydrates: 55.15g (20.06%), Sugar: 9.03g (10.04%), Cholesterol: 42.63mg (14.21%), Sodium: 450.28mg (19.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.45g (14.91%), Vitamin B1: 0.48mg (32.19%), Selenium: 21.73µg (31.04%), Vitamin B2: 0.38mg (22.19%), Manganese: 0.43mg (21.33%), Folate: 79.97µg (19.99%), Vitamin B3: 3.6mg (17.99%), Iron: 2.9mg (16.12%), Vitamin A: 554.72IU (11.09%), Phosphorus: 89.76mg (8.98%),

Fiber: 1.81g (7.25%), Copper: 0.1mg (5.16%), Magnesium: 16.36mg (4.09%), Vitamin D: 0.6µg (4.02%), Calcium: 36.76mg (3.68%), Vitamin B5: 0.36mg (3.64%), Zinc: 0.53mg (3.52%), Vitamin K: 3.43µg (3.26%), Potassium: 110.58mg (3.16%), Vitamin E: 0.43mg (2.89%), Vitamin C: 1.99mg (2.41%), Vitamin B6: 0.04mg (2.11%), Vitamin B12: 0.06µg (1.01%)