



Sugar Cookie Tarts



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



43 kcal

DESSERT

Ingredients



0.5 cup strawberries with strawberries or pineapple soft



1 serving chocolate chips fresh such as sliced fruit, miniature chocolate chips, chopped pecans, or jam with toasted sliced almonds



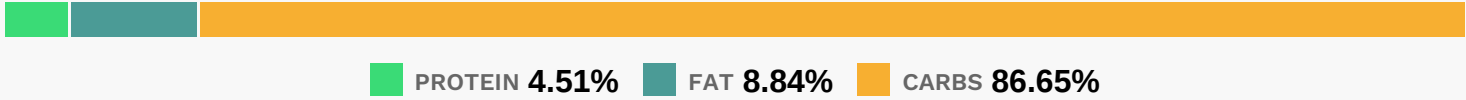
4 sugar

Equipment

Directions

- ☐
- Spread about 2 tablespoons cream cheese over each cookie.
- ☐
- Arrange toppings on cream cheese. Cover and refrigerate any remaining tarts.

Nutrition Facts



Properties

Glycemic Index:110.09, Glycemic Load:4.43, Inflammation Score:-3, Nutrition Score:4.248260844013%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 43.46kcal (2.17%), Fat: 0.46g (0.71%), Saturated Fat: 0.16g (0.97%), Carbohydrates: 10.2g (3.4%), Net Carbohydrates: 8.73g (3.17%), Sugar: 8.14g (9.04%), Cholesterol: 0.15mg (0.05%), Sodium: 1.44mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.06%), Vitamin C: 42.34mg (51.32%), Manganese: 0.28mg (13.9%), Fiber: 1.47g (5.87%), Folate: 17.28µg (4.32%), Potassium: 110.24mg (3.15%), Magnesium: 9.36mg (2.34%), Copper: 0.03mg (1.74%), Phosphorus: 17.28mg (1.73%), Iron: 0.31mg (1.72%), Vitamin B6: 0.03mg (1.69%), Vitamin K: 1.58µg (1.51%), Vitamin E: 0.21mg (1.39%), Vitamin B3: 0.28mg (1.39%), Calcium: 12.72mg (1.27%), Vitamin B1: 0.02mg (1.15%)