



 **100%**  
HEALTH SCORE

## Sugar Cookie Tarts

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



10 min.

SERVINGS



2

CALORIES



647 kcal

## Ingredients

- 0.5 cup strawberries with strawberries or pineapple soft
- 4 round steak
- 1 serving chocolate chips fresh such as sliced fruit, miniature chocolate chips, chopped pecans, or jam with toasted sliced almonds

## Equipment

## Directions

- Spread about 2 tablespoons cream cheese over each cookie.

Arrange toppings on cream cheese. Cover and refrigerate any remaining tarts.

## Nutrition Facts

**PROTEIN 66.32%** **FAT 31.68%** **CARBS 2%**

### Properties

Glycemic Index:20, Glycemic Load:0.82, Inflammation Score:-6, Nutrition Score:40.964782543156%

### Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg 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: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg 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: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg

### Nutrients (% of daily need)

Calories: 646.83kcal (32.34%), Fat: 21.83g (33.59%), Saturated Fat: 7.48g (46.73%), Carbohydrates: 3.11g (1.04%), Net Carbohydrates: 2.37g (0.86%), Sugar: 2.07g (2.3%), Cholesterol: 284.83mg (94.95%), Sodium: 258.34mg (11.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 102.82g (205.65%), Selenium: 129.42µg (184.88%), Vitamin B3: 31.33mg (156.66%), Vitamin B6: 3.03mg (151.36%), Vitamin B12: 8.54µg (142.38%), Zinc: 19.44mg (129.61%), Phosphorus: 1012.08mg (101.21%), Iron: 9.74mg (54.09%), Potassium: 1646.12mg (47.03%), Vitamin B2: 0.74mg (43.8%), Vitamin B5: 3.1mg (30.96%), Magnesium: 117.68mg (29.42%), Vitamin B1: 0.44mg (29.2%), Vitamin C: 21.17mg (25.66%), Copper: 0.47mg (23.69%), Folate: 67.4µg (16.85%), Manganese: 0.2mg (10.11%), Vitamin E: 1.46mg (9.74%), Calcium: 96.74mg (9.67%), Vitamin K: 6.22µg (5.92%), Vitamin D: 0.45µg (3.01%), Fiber: 0.73g (2.93%)