



Summer berry fizz tartlets

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 375 g half and half sweet
- ☐ 1 egg whites beaten
- ☐ 3 tbsp almonds flaked
- ☐ 3 tbsp brown sugar
- ☐ 227 g strawberries
- ☐ 150 g raspberries
- ☐ 1 tablespoon champagne
- ☐ 1 handful mint leaves

☐ 113 g clotted cream

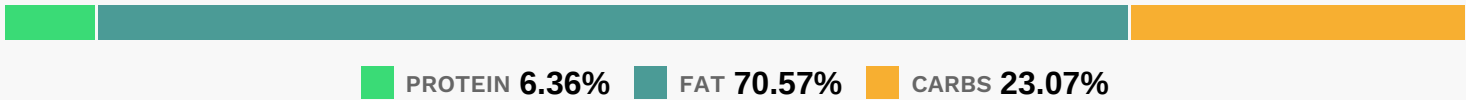
Equipment

☐ oven

Directions

- ☐ Preheat oven to fan 160C/conventional 180C/gas
- ☐ Roll the pastry out on a floured surface to the thickness of a 2 coin.
- ☐ Cut out 12 circles of pastry to fit a bun tin, re-rolling trimmings as needed. Line the tin with the pastry rounds, then brush with egg white. Crumble over the almonds and sprinkle over 2 tbsp of the sugar.
- ☐ Bake for 20-25 minutes until golden and starting to go sticky. Leave to cool.

Nutrition Facts



Properties

Glycemic Index:6.33, Glycemic Load:0.63, Inflammation Score:-2, Nutrition Score:3.9704347725796%

Flavonoids

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Nutrients (% of daily need)

Calories: 136.79kcal (6.84%), Fat: 10.97g (16.87%), Saturated Fat: 6.04g (37.73%), Carbohydrates: 8.07g (2.69%), Net Carbohydrates: 6.54g (2.38%), Sugar: 6.04g (6.71%), Cholesterol: 26mg (8.67%), Sodium: 24.58mg (1.07%), Alcohol: 0.08g (100%), Alcohol %: 0.12% (100%), Protein: 2.22g (4.45%), Vitamin C: 14.79mg (17.92%), Manganese: 0.22mg (11.02%), Vitamin E: 1.01mg (6.72%), Vitamin B2: 0.11mg (6.47%), Fiber: 1.53g (6.12%), Phosphorus: 56.45mg (5.65%), Calcium: 55.24mg (5.52%), Magnesium: 16.65mg (4.16%), Potassium: 126.61mg (3.62%), Vitamin A: 168.87IU (3.38%), Copper: 0.05mg (2.61%), Selenium: 1.74µg (2.49%), Folate: 9.73µg (2.43%), Zinc: 0.29mg (1.9%), Vitamin B6: 0.04mg (1.84%), Vitamin B5: 0.18mg (1.77%), Iron: 0.32mg (1.76%), Vitamin K: 1.8µg (1.71%), Vitamin B1: 0.02mg (1.56%), Vitamin B3: 0.29mg (1.43%), Vitamin B12: 0.06µg (1.03%)