



Sweet Strawberry Tartlets

READY IN



100 min.

SERVINGS



6

CALORIES



611 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 ounces brown sugar packed minced
- 8 ounce bars cream cheese room temperature
- 5 ounces graham crackers (1 pack or 32 crackers)
- 1 envelope whipping powdered topping ()
- 0.5 cup cup heavy whipping cream sour
- 1.5 cups strawberries hulled quartered
- 0.5 cup sugar
- 6 individual tart tins with removable bottoms or 1 (9-inch) tin
- 8 tablespoons butter unsalted chilled cubed (1 stick)

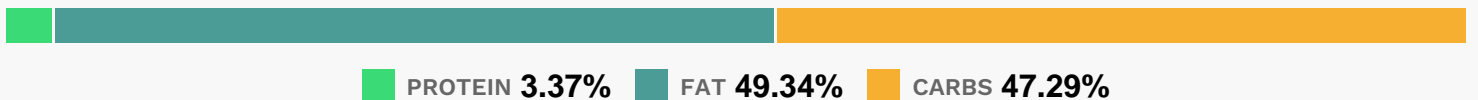
Equipment

- bowl
- baking sheet
- oven
- hand mixer

Directions

- Watch how to make this recipe.
- Mix the strawberries and 3 tablespoons of the sugar in a small bowl.
- Let the strawberries macerate at room temperature for 1 hour.
- Preheat the oven to 350 degrees F. Arrange 6 individual tartlet pans with removable bottoms on a baking sheet. Spray the tartlet pans with nonstick cooking spray. Blend the Maria crackers and the piloncillo in a processor until coarse crumbs form.
- Add the butter and process until the crumbs come together. Press the crumbs into the prepared tartlet pans.
- Bake until the tartlet shells are golden brown, about 10 minutes. Cool completely.
- Using an electric mixer, whip the cream cheese and the sour cream in a small bowl, until fluffy.
- Add the remaining 1/2 cup of sugar and whip until well combined.
- Add the whipping powdered topping and whip until very fluffy.
- Drain all but 2 tablespoons of the macerating liquid from the strawberries. Fold the strawberries and the reserved 2 tablespoons of liquid into the cream mixture. Spoon the filling over the tartlets, dividing equally. Tarts can be prepared 1 day ahead, covered and refrigerated

Nutrition Facts



Properties

Glycemic Index:40.52, Glycemic Load:32.38, Inflammation Score:-7, Nutrition Score:10.000434849573%

Flavonoids

Cyanidin: 3.46mg, Cyanidin: 3.46mg, Cyanidin: 3.46mg, Cyanidin: 3.46mg 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: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.49mg, Catechin: 3.49mg, Catechin: 3.49mg, Catechin: 3.49mg Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg Epicatechin: 13.86mg, Epicatechin: 13.86mg, Epicatechin: 13.86mg, Epicatechin: 13.86mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.7mg, Quercetin: 7.7mg, Quercetin: 7.7mg, Quercetin: 7.7mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 611.08kcal (30.55%), Fat: 34.71g (53.4%), Saturated Fat: 19.59g (122.45%), Carbohydrates: 74.84g (24.95%), Net Carbohydrates: 68.95g (25.07%), Sugar: 54.07g (60.07%), Cholesterol: 89.62mg (29.87%), Sodium: 287.94mg (12.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.67%), Vitamin C: 29.71mg (36.02%), Vitamin A: 1196.14IU (23.92%), Fiber: 5.9g (23.58%), Vitamin B2: 0.24mg (14.16%), Phosphorus: 136.41mg (13.64%), Potassium: 383.34mg (10.95%), Manganese: 0.22mg (10.85%), Calcium: 103.94mg (10.39%), Magnesium: 34.34mg (8.59%), Vitamin E: 1.27mg (8.45%), Iron: 1.48mg (8.21%), Folate: 30.18µg (7.55%), Vitamin B6: 0.15mg (7.43%), Vitamin B1: 0.11mg (7.13%), Vitamin K: 7.19µg (6.85%), Selenium: 4.51µg (6.44%), Vitamin B3: 1.27mg (6.34%), Zinc: 0.86mg (5.71%), Vitamin B5: 0.47mg (4.69%), Copper: 0.09mg (4.65%), Vitamin B12: 0.16µg (2.59%), Vitamin D: 0.28µg (1.87%)