



Sweetheart Strawberry Tarts

READY IN



90 min.

SERVINGS



30

CALORIES



86 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 4.5 tsp cornstarch
- 1 tsp juice of lemon
- 2 cups oreo cookies crushed finely
- 4 cups strawberries fresh divided
- 0.3 cup sugar
- 0.5 cup water divided
- 0.5 cup cool whip whipped topping thawed

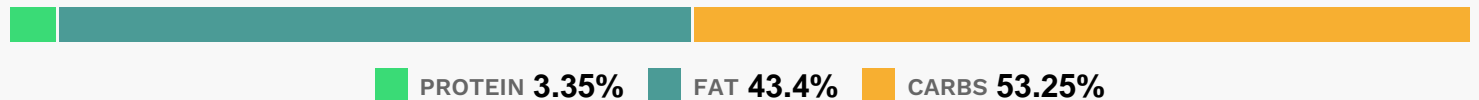
Equipment

- bowl
- sauce pan
- muffin liners

Directions

- Combine cookie crumbs and butter; spoon into 12 paper-lined muffin cups, adding about 2 rounded Tbsp. to each. Press onto bottoms and up sides of cups. Refrigerate while preparing filling.
- Reserve 12 of the smallest strawberries for garnish. Slice remaining strawberries.
- Mix sugar, cornstarch and lemon juice in small bowl; stir in 1/4 cup water. Set aside.
- Combine 1 cup strawberry slices and remaining water in small saucepan; bring to boil on medium-high heat. Simmer on medium-low heat 3 min., stirring occasionally. Stir in sugar mixture. Return to boil; cook and stir 1 min. or until sauce is clear and thickened. Cool slightly. Meanwhile, pat remaining strawberry slices dry. Spoon evenly into pie crusts; top with strawberry glaze. Refrigerate 1 hour.
- Top tarts with COOL WHIP and reserved whole strawberries just before serving.

Nutrition Facts



Properties

Glycemic Index:3.67, Glycemic Load:1.99, Inflammation Score:-2, Nutrition Score:2.5495652355578%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.77mg, Pelargonidin: 4.77mg, Pelargonidin: 4.77mg, Pelargonidin: 4.77mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 86.31kcal (4.32%), Fat: 4.3g (6.61%), Saturated Fat: 1.17g (7.3%), Carbohydrates: 11.86g (3.95%), Net Carbohydrates: 11.17g (4.06%), Sugar: 7.8g (8.66%), Cholesterol: 0.03mg (0.01%), Sodium: 66.51mg (2.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.49%), Vitamin C: 11.36mg (13.77%), Iron: 1.37mg (7.63%), Manganese: 0.15mg (7.33%), Vitamin K: 3.39µg (3.22%), Folate: 11.21µg (2.8%), Fiber: 0.7g (2.79%), Vitamin E: 0.4mg (2.69%), Copper: 0.05mg (2.3%), Magnesium: 7.73mg (1.93%), Vitamin B2: 0.03mg (1.89%), Vitamin A: 93.67IU (1.87%), Vitamin B3: 0.35mg (1.77%), Vitamin B1: 0.03mg (1.74%), Potassium: 56.88mg (1.63%), Phosphorus: 16.09mg (1.61%)