



Vanilla-Buttermilk Tarts

READY IN



270 min.

SERVINGS



30

CALORIES



82 kcal

DESSERT

Ingredients

- ☐ 1.5 cups buttermilk
- ☐ 3 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 30 servings toppings: fruit fresh
- ☐ 0.7 cup sugar
- ☐ 1 package phyllo tart shells frozen (8-)
- ☐ 2 teaspoons vanilla bean paste

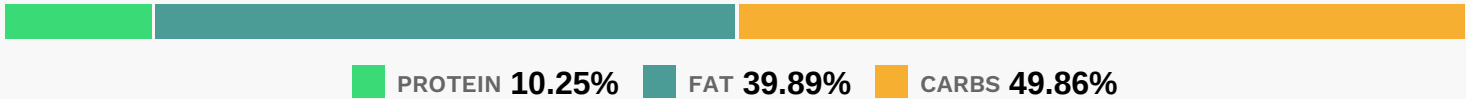
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Whisk together sugar and flour in a 3-qt. heavy saucepan; add buttermilk and eggs, and whisk until blended. Cook over medium heat, whisking constantly, 7 to 8 minutes or until a pudding-like thickness.
- ☐ Remove from heat, and stir in vanilla bean paste. Cover and chill 4 to 24 hours.
- ☐ Meanwhile, bake frozen tart shells according to package directions, and cool completely (about 30 minutes). Spoon custard into tart shells, and top with desired toppings just before serving.

Nutrition Facts



Properties

Glycemic Index:8.2, Glycemic Load:3.87, Inflammation Score:-1, Nutrition Score:1.9265217353468%

Nutrients (% of daily need)

Calories: 82.19kcal (4.11%), Fat: 3.61g (5.55%), Saturated Fat: 1.51g (9.44%), Carbohydrates: 10.14g (3.38%), Net Carbohydrates: 9.63g (3.5%), Sugar: 5.7g (6.33%), Cholesterol: 22.18mg (7.39%), Sodium: 46.82mg (2.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.17%), Vitamin K: 8.35µg (7.96%), Iron: 1.09mg (6.04%), Selenium: 2.36µg (3.38%), Vitamin A: 152.3IU (3.05%), Vitamin B2: 0.05mg (3%), Phosphorus: 22.34mg (2.23%), Fiber: 0.51g (2.04%), Calcium: 20.34mg (2.03%), Vitamin D: 0.26µg (1.71%), Vitamin B12: 0.1µg (1.66%), Manganese: 0.03mg (1.61%), Folate: 6.22µg (1.55%), Vitamin B5: 0.13mg (1.31%), Vitamin B1: 0.02mg (1.1%)