

Very Berry Tarts

READY IN



45 min.

SERVINGS



15

CALORIES



48 kcal

Ingredients

- ☐ 0.5 cup triple berry curd
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 1 cup vanilla yogurt low-fat
- ☐ 4.2 ounce phyllo shells mini (such as Athens)
- ☐ 0.5 cup non-dairy whipped topping fat-free frozen thawed

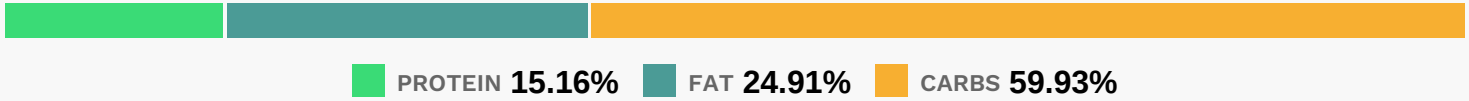
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ spatula

Directions

- ☐ Spoon the yogurt onto several layers of heavy-duty paper towels; spread to 1/2-inch thickness. Cover with additional paper towels; let stand for 5 minutes. Scrape yogurt into a bowl using a rubber spatula.
- ☐ Combine yogurt and 1/2 teaspoon rind in a medium bowl. Gently fold in whipped topping.
- ☐ Spoon 1 teaspoon Triple Berry Curd into each phyllo shell; top each with 2 teaspoons yogurt mixture.
- ☐ Garnish with additional lemon rind, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.92391303732343%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Petunidin: 0.94mg, Petunidin: 0.94mg, Petunidin: 0.94mg, Petunidin: 0.94mg Delphinidin: 1.12mg, Delphinidin: 1.12mg, Delphinidin: 1.12mg, Delphinidin: 1.12mg Malvidin: 2.57mg, Malvidin: 2.57mg, Malvidin: 2.57mg, Malvidin: 2.57mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 47.82kcal (2.39%), Fat: 1.47g (2.25%), Saturated Fat: 0.21g (1.29%), Carbohydrates: 7.93g (2.64%), Net Carbohydrates: 7.77g (2.83%), Sugar: 3.09g (3.44%), Cholesterol: 1.22mg (0.41%), Sodium: 29.15mg (1.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.01%), Calcium: 31.13mg (3.11%), Vitamin B2: 0.05mg (2.96%), Phosphorus: 24.33mg (2.43%), Vitamin B12: 0.12µg (2.06%), Selenium: 0.88µg (1.26%), Potassium: 41.37mg (1.18%)