

# Berry Cherry Mini Shells

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## Servings: 15

1 cup orange flavored dried cranberries  
1/2 cup hot water  
1 teaspoon vanilla extract  
1 cup tart cherries  
1/4 cup sugar  
1 tablespoon honey  
1 box (15 count) Athens Mini Fillo Shells  
1/4 cup whipped topping, thawed (for garnish)  
15 mint leaves (for garnish)

In a small sauce pan combine the cranberries, hot water and vanilla extract. Let soak for 30 minutes.

Add the cherries, sugar and honey. Simmer over low heat until it comes to a slow boil. Remove from the heat and let cool for 30 minutes.

Spoon one tablespoon of filling into each Fillo Shell.

Garnish with whipped topping and a mint leaf.

Serve immediately.

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Per Serving (excluding unknown items): 27 Calories; trace Fat (11.1% calories from fat); trace Protein; 6g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Fruit; 0 Fat; 1/2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	27	Vitamin B6 (mg):	trace
% Calories from Fat:	11.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	87.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.8%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	1mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	1
Cholesterol (mg):	0mg	% Refuse:	0 0%
Carbohydrate (g):	6g		

## Food Exchanges

**Dietary Fiber (g):** trace  
**Protein (g):** trace  
**Sodium (mg):** 1mg  
**Potassium (mg):** 19mg  
**Calcium (mg):** 2mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 143IU  
**Vitamin A (r.e.):** 14 1/2RE

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 1/2

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## Nutrition Facts

Servings per Recipe: 15

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### Amount Per Serving

**Calories** 27 Calories from Fat: 3

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#### % Daily Values\*

<b>Total Fat</b>	trace	1%
	Saturated Fat trace	1%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	1mg	0%
<b>Total Carbohydrates</b>	6g	2%
	Dietary Fiber trace	1%
<b>Protein</b>	trace	

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<b>Vitamin A</b>	3%
<b>Vitamin C</b>	2%
<b>Calcium</b>	0%
<b>Iron</b>	0%

*\* Percent Daily Values are based on a 2000 calorie diet.*