

# Chocolate Raspberry Mousse Tartlets

*CampbellsKitchen.com*

## **Yield: 24 mini tarts**

*all-purpose flour*

*1 package Pepperidge Farm puff*

*pastry sheets, thawed*

*1 egg, beaten*

*1 package (3.9 ounce) chocolate*

*instant pudding and pie filling mix*

*1 cup milk*

*2 tablespoons seedless raspberry jam*

*1 1/2 cups frozen whipped topping,  
thawed*

*fresh raspberries*

*confectioner's sugar*

## **Preparation Time: 20 minutes**

Preheat the oven to 375 degrees.

Lightly grease 24 (2-1/2 inch) muffin pan cups.

Sprinkle the flour on a work surface. Unfold one pastry sheet on the work surface. Roll the pastry sheet into a 9x12-inch rectangle. Cut into twelve three-inch squares. Repeat with the remaining pastry sheet. Press the pastry squares into the muffin-pan cups. Brush the edges of the pastry squares with the egg.

Bake for 10 minutes or until the pastries are golden brown. Let the pastries cool in the pans for 5 minutes. Remove the pastries from the pans and let cool completely on wire racks.

In a large bowl, stir the pudding mix and milk according to the package directions. Stir in the jam. Fold in the whipped topping.

Spoon about one tablespoon of the pudding mixture into each tartlet shell.

Refrigerate for 10 minutes.

Top with the raspberries. Sprinkle with the confectioner's sugar.

Start to Finish Time: 1 hour 35 minutes

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Per Serving (excluding unknown items): 224 Calories; 13g Fat (53.1% calories from fat); 14g Protein; 12g Carbohydrate; 0g Dietary Fiber; 245mg Cholesterol; 190mg Sodium. Exchanges: 1 Lean Meat; 1 Non-Fat Milk; 2 Fat.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	224	Vitamin B6 (mg):	.2mg
% Calories from Fat:	53.1%	Vitamin B12 (mcg):	1.5mcg
% Calories from Carbohydrates:	21.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	25.8%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	13g	Folacin (mcg):	36mcg
Saturated Fat (g):	7g	Niacin (mg):	trace
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	245mg	% Refuse:	0.0%
Carbohydrate (g):	12g	<b>Food Exchanges</b>	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	14g	Lean Meat:	1
Sodium (mg):	190mg	Vegetable:	0
Potassium (mg):	437mg	Fruit:	0
Calcium (mg):	317mg	Non-Fat Milk:	1
Iron (mg):	1mg	Fat:	2
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	2mg		
Vitamin A (i.u.):	551IU		
Vitamin A (r.e.):	162 1/2RE		

## Nutrition Facts

### Amount Per Serving

Calories 224      Calories from Fat: 119

### % Daily Values\*

<b>Total Fat</b>	13g	20%
Saturated Fat	7g	33%
<b>Cholesterol</b>	245mg	82%
<b>Sodium</b>	190mg	8%
<b>Total Carbohydrates</b>	12g	4%
Dietary Fiber	0g	0%
<b>Protein</b>	14g	
<b>Vitamin A</b>		11%
<b>Vitamin C</b>		4%
<b>Calcium</b>		32%
<b>Iron</b>		6%

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