

# Creamy Lemon-Berry Tartlets

J. M. Hirsch - *The Associated Press*  
*Palm Beach Post*

## Servings: 15

*1/2 cup creme fraiche*  
*2 tablespoons purchased lemon curd*  
*pinch cinnamon*  
*15 frozen baked phyllo cups*  
*1 cup fresh berries*  
*powdered sugar*

In a small bowl, whisk together the creme fraiche, lemon curd and cinnamon until slightly thickened.

Spoon one to two teaspoons of the mixture into each phyllo cup. The filling should be slightly mounded in the cups, but not overflowing.

Top each cup with several berries, then arrange the cups on a serving platter.

Spoon powdered sugar into a mesh strainer, then hold it over the filled cups and gently tap to dust with sugar.

*Jarred lemon curd can be found in the supermarket with jams and jellies.*

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Per Serving (excluding unknown items): 22 Calories; 2g Fat (91.5% calories from fat); trace Protein; trace Carbohydrate; 0g Dietary Fiber; 7mg Cholesterol; 4mg Sodium. Exchanges: 0 Non-Fat Milk; 1/2 Fat.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	22
% Calories from Fat:	91.5%
% Calories from Carbohydrates:	4.9%
% Calories from Protein:	3.6%
Total Fat (g):	2g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	7mg
Carbohydrate (g):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	1mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0 n n%

## Food Exchanges

Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	4mg	Vegetable:	0
Potassium (mg):	8mg	Fruit:	0
Calcium (mg):	7mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	1/2
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	trace		
Vitamin A (i.u.):	89IU		
Vitamin A (r.e.):	26RE		

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## Nutrition Facts

Servings per Recipe: 15

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### Amount Per Serving

**Calories** 22 Calories from Fat: 20

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#### % Daily Values\*

<b>Total Fat</b> 2g		3%
Saturated Fat 1g		7%
<b>Cholesterol</b> 7mg		2%
<b>Sodium</b> 4mg		0%
<b>Total Carbohydrates</b> trace		0%
Dietary Fiber 0g		0%
<b>Protein</b> trace		

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<b>Vitamin A</b>	2%
<b>Vitamin C</b>	0%
<b>Calcium</b>	1%
<b>Iron</b>	0%

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