

# Mini Peanut Butter & Jelly Tarts

Tom Mullen - Port St Lucie, FL

## Yield: 30 tarts

2/3 cup grape jelly  
1 carton (8 ounce) low-fat cream  
cheese, softened  
1/2 cup sweetened condensed milk  
1/2 cup creamy peanut butter  
2 tablespoons confectioner's sugar  
2 boxes (15 count) frozen phyllo mini  
muffin shells (such as Athens)

In a bowl, whisk the grape jelly until smooth and pourable. Set aside.

In a bowl, mix the cream cheese, peanut butter and condensed milk. Whisk until smooth.

Add the confectioner's sugar. Whisk until smooth.

Fill each tart cup approximately 1/2 full with the peanut butter mixture.

With a teaspoon, place a small amount of the grape jelly atop the peanut butter mixture and spread to cover.

Place an additional small amount of the peanut butter mixture atop the grape jelly. Smooth to cover.

Garnish with sugar-free whipped topping as desired.

Refrigerate until served.

*In place of the pre-made phyllo tarts, mini shells may be baked. See Mini-Tart Pastry Shells.*

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Per Serving (excluding unknown items): 1093 Calories; 13g Fat (10.7% calories from fat); 13g Protein; 240g Carbohydrate; 2g Dietary Fiber; 52mg Cholesterol; 267mg Sodium. Exchanges: 3 Fat; 16 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

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Calories (kcal):	1093	Vitamin B6 (mg):	.1mg
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% Calories from Fat: 10.7%  
 % Calories from Carbohydrates: 84.8%  
 % Calories from Protein: 4.5%  
 Total Fat (g): 13g  
 Saturated Fat (g): 8g  
 Monounsaturated Fat (g): 4g  
 Polyunsaturated Fat (g): 1g  
 Cholesterol (mg): 52mg  
 Carbohydrate (g): 240g  
 Dietary Fiber (g): 2g  
 Protein (g): 13g  
 Sodium (mg): 267mg  
 Potassium (mg): 697mg  
 Calcium (mg): 450mg  
 Iron (mg): 1mg  
 Zinc (mg): 1mg  
 Vitamin C (mg): 6mg  
 Vitamin A (i.u.): 536IU  
 Vitamin A (r.e.): 155 1/2RE

Vitamin B12 (mcg): .7mcg  
 Thiamin B1 (mg): .1mg  
 Riboflavin B2 (mg): .6mg  
 Folacin (mcg): 19mcg  
 Niacin (mg): 1mg  
 Caffeine (mg): 0mg  
 Alcohol (kcal): 0  
 % Refuse: 0.0%

### Food Exchanges

Grain (Starch): 0  
 Lean Meat: 0  
 Vegetable: 0  
 Fruit: 0  
 Non-Fat Milk: 0  
 Fat: 3  
 Other Carbohydrates: 16

## Nutrition Facts

### Amount Per Serving

**Calories** 1093                      **Calories from Fat:** 117

### % Daily Values\*

<b>Total Fat</b>	13g	21%
Saturated Fat	8g	42%
<b>Cholesterol</b>	52mg	17%
<b>Sodium</b>	267mg	11%
<b>Total Carbohydrates</b>	240g	80%
Dietary Fiber	2g	8%
<b>Protein</b>	13g	
<b>Vitamin A</b>		11%
<b>Vitamin C</b>		10%
<b>Calcium</b>		45%
<b>Iron</b>		3%

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