

Tiny Fruit Tarts

Kerry Hosford - St. Francisville, LA
Relish Magazine - April 2014

Yield: 24 tarts

1 package (9.5 ounce) Pepperidge
Farm Puff Pastry Cups
1 cup strawberries, chopped
1 tablespoon granulated sugar
1 cup mascarpone cheese OR cream
cheese, softened
5 tablespoons powdered sugar, divided
1 teaspoon vanilla extract
finely grated rind of one lemon

Preheat the oven to 400 degrees.

Remove the pastry cups from the package and break along scored lines. Place the cups on an ungreased baking sheet with the circle cut-outs up. Bake for 20 minutes or until golden brown and puffed. Using the end of a wooden spoon handle, press down into the centers of the hot pastry cups to create fillable centers.

Combine the strawberries and the granulated sugar in a small bowl and set aside.

Beat the mascarpone, four tablespoons of powdered sugar, vanilla and lemon rind with a mixer until light and fluffy. Spoon the mixture into the bottom of the pastry cups. Top with the strawberry mixture. Sprinkle with the remaining powdered sugar.

Per Serving (excluding unknown items): 251 Calories; 1g Fat (1.9% calories from fat); 1g Protein; 61g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1/2 Fruit; 3 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	251	Vitamin B6 (mg):	0mg
% Calories from Fat:	1.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	96.8%	Thiamin B1 (mg):	0mg
% Calories from Protein:	1.4%	Riboflavin B2 (mg):	trace
Total Fat (g):	1g	Folacin (mcg):	26mcg
			trace

Saturated Fat (g): trace
Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 61g
Dietary Fiber (g): 3g
Protein (g): 1g
Sodium (mg): 2mg
Potassium (mg): 246mg
Calcium (mg): 21mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 84mg
Vitamin A (i.u.): 40IU
Vitamin A (r.e.): 4 1/2RE

Niacin (mg):
Caffeine (mg): 0mg
Alcohol (kcal): 13
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 1/2
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 3 1/2

Nutrition Facts

Amount Per Serving

Calories 251 **Calories from Fat:** 5

% Daily Values*

Total Fat	1g	1%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	2mg	0%
Total Carbohydrates	61g	20%
Dietary Fiber	3g	13%
Protein	1g	
<hr/>		
Vitamin A		1%
Vitamin C		139%
Calcium		2%
Iron		3%

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