

# Cranberry-Orange Mini Tarts

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## Yield: 30 mini tarts

8 ounces fat-free cream cheese, softened  
2 containers (6 ounce ea) orange fat-free yogurt  
1/2 to 3/4 cup mandarin oranges, drained and chopped  
1/2 to 3/4 cup dried cranberries, chopped  
1 tablespoon orange juice  
2 boxes (15 count ea) Athens frozen mini phyllo tarts  
30 blueberries

Preheat the oven to 350 degrees.

Place the mini tarts on a baking pan. Bake in the oven for 2 to 2-1/2 minutes to crisp slightly. Allow to cool.

In a mixing bowl, mix together the cream cheese and yogurt. Whip until smooth.

Add the oranges, cranberries and orange juice. Blend well.

Fill the tart shells with the filling mixture. (There may be some leftover).

Top each tart with one blueberry.

Place the tarts in the refrigerator for 30 minutes to chill. The filling will thicken slightly.

Start to Finish Time: 30 minutes

*These mini tarts can be prepared up to one day early and stored in the refrigerator. An alternative can be to prepare the filling mixture two days early and refrigerate; then fill the tarts shortly before serving.*

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Per Serving (excluding unknown items): 2681 Calories; 20g Fat (6.0% calories from fat); 62g Protein; 634g Carbohydrate; 118g Dietary Fiber; 18mg Cholesterol; 1498mg Sodium. Exchanges: 4 1/2 Lean Meat; 39 1/2 Fruit; 1 Other Carbohydrates.

## Desserts

### Per Serving Nutritional Analysis

Calories (kcal):	2681	Vitamin B6 (mg):	1.6mg
% Calories from Fat:	6.0%	Vitamin B12 (mcg):	1.2mcg
% Calories from Carbohydrates:	85.6%	Thiamin B1 (mg):	1.9mg
% Calories from Protein:	8.4%	Riboflavin B2 (mg):	2.4mg

**Total Fat (g):** 20g  
**Saturated Fat (g):** 23g  
**Monounsaturated Fat (g):** 5g  
**Polyunsaturated Fat (g):** 9g  
**Cholesterol (mg):** 18mg  
**Carbohydrate (g):** 634g  
**Dietary Fiber (g):** 118g  
**Protein (g):** 62g  
**Sodium (mg):** 1498mg  
**Potassium (mg):** 4338mg  
**Calcium (mg):** 688mg  
**Iron (mg):** 8mg  
**Zinc (mg):** 7mg  
**Vitamin C (mg):** 586mg  
**Vitamin A (i.u.):** 6877IU  
**Vitamin A (r.e.):** 1114RE

**Folacin (mcg):** 379mcg  
**Niacin (mg):** 16mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** n n%

### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 4 1/2  
**Vegetable:** 0  
**Fruit:** 39 1/2  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 1

## Nutrition Facts

### Amount Per Serving

**Calories** 2681                      **Calories from Fat:** 160

### % Daily Values\*

<b>Total Fat</b>	20g	30%
Saturated Fat	23g	114%
<b>Cholesterol</b>	18mg	6%
<b>Sodium</b>	1498mg	62%
<b>Total Carbohydrates</b>	634g	211%
Dietary Fiber	118g	474%
<b>Protein</b>	62g	
<b>Vitamin A</b>		138%
<b>Vitamin C</b>		977%
<b>Calcium</b>		69%
<b>Iron</b>		43%

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