

Key Lime Mini Phyllo Tarts

Athens Foods, Inc.

Yield: 15 mini tarts

1/2 cup cream cheese, softened
1/4 cup sweetened condensed milk
2 tablespoons fresh lime juice
1/4 teaspoon lime zest
1 box (15 count) Athens mini Fillo shells
1 lime, sliced (for garnish)

In a small mixing bowl, mix the cream cheese and milk until light and fluffy.

Add the lime juice and lime zest. Mix thoroughly.

Cover and chill for one hour.

Spoon or pipe one tablespoon of filling into each phyllo shell.

Garnish with sliced lime and serve.

Per Serving (excluding unknown items): 659 Calories; 47g Fat (62.9% calories from fat); 15g Protein; 48g Carbohydrate; trace Dietary Fiber; 153mg Cholesterol; 440mg Sodium. Exchanges: 1 1/2 Lean Meat; 0 Fruit; 9 Fat; 3 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	659	Vitamin B6 (mg):	.1mg
% Calories from Fat:	62.9%	Vitamin B12 (mcg):	.8mcg
% Calories from Carbohydrates:	28.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	8.9%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	47g	Folacin (mcg):	27mcg
Saturated Fat (g):	30g	Niacin (mg):	trace
Monounsaturated Fat (g):	13g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	153mg	% Refuse:	0.0%
Carbohydrate (g):	48g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	15g	Lean Meat:	1 1/2
Sodium (mg):	440mg	Vegetable:	0

Potassium (mg): 457mg
Calcium (mg): 313mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 12mg
Vitamin A (i.u.): 1910IU
Vitamin A (r.e.): 575RE

Fruit: 0
Non-Fat Milk: 0
Fat: 9
Other Carbohydrates: 3

Nutrition Facts

Amount Per Serving

Calories 659 Calories from Fat: 415

% Daily Values*

Total Fat	47g	73%
Saturated Fat	30g	148%
Cholesterol	153mg	51%
Sodium	440mg	18%
Total Carbohydrates	48g	16%
Dietary Fiber	trace	1%
Protein	15g	
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Vitamin A		38%
Vitamin C		19%
Calcium		31%
Iron		9%

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