

# Mini Berry Cherry Tarts

## Servings: 15

1 cup orange flavored dried cranberries  
 1/2 cup hot water  
 1 teaspoon vanilla extract  
 1 cup tart cherries  
 1/4 cup sugar  
 1 tablespoon honey  
 1 box (15 tart shells) Athens mini fillo shells  
 1/4 cup whipped topping (for garnish), thawed  
 15 mint leaves (for garnish)

In a small saucepan, combine the cranberries, hot water and vanilla extract. Let soak for 30 minutes.

Add the cherries, sugar and honey. Simmer over low heat until it comes to a slow boil. Remove from the heat and let cool for 30 minutes.

Spoon one tablespoon of filling into each tart shell.

Garnish with whipped topping and a mint leaf.

Serve immediately.

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Per Serving (excluding unknown items): 23 Calories; trace Fat (1.1% calories from fat); trace Protein; 6g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Fruit; 1/2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	23	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	1.1%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	97.1%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	1.8%	<b>Riboflavin B2 (mg):</b>	trace
<b>Total Fat (g):</b>	trace	<b>Folacin (mcg):</b>	1mcg
<b>Saturated Fat (g):</b>	trace	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	trace	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	trace	<b>Alcohol (kcal):</b>	1
<b>Cholesterol (mg):</b>	0mg	<b>% Refuse:</b>	0%
<b>Carbohydrate (g):</b>	6g		
<b>Dietary Fiber (g):</b>	trace		
		<b>Food Exchanges</b>	
		<b>Grain (Starch):</b>	0

**Protein (g):** trace  
**Sodium (mg):** 1mg  
**Potassium (mg):** 19mg  
**Calcium (mg):** 2mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 133IU  
**Vitamin A (r.e.):** 13RE

**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 1/2

## Nutrition Facts

Servings per Recipe: 15

### Amount Per Serving

**Calories** 23 Calories from Fat: 0

#### % Daily Values\*

<b>Total Fat</b>	trace	0%
	Saturated Fat trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	1mg	0%
<b>Total Carbohydrates</b>	6g	2%
	Dietary Fiber trace	1%
<b>Protein</b>	trace	

<b>Vitamin A</b>		3%
<b>Vitamin C</b>		2%
<b>Calcium</b>		0%
<b>Iron</b>		0%

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