

Mini Orange Tarts

Tom Mullen - Port St Lucie, FL

Yield: 30 tarts

1 carton (8 ounce) low-fat cream cheese, softened

1 container (6 ounce) low-fat vanilla yogurt

1 can (11 ounce) mandarin oranges, chopped

2 boxes (15 count) frozen phyllo mini muffin shells (such as Athens) whipped topping

In a bowl, mix the cream cheese and yogurt. Whisk until smooth.

Add the mandarin oranges. Whisk until smooth.

Place approximately one heaping tablespoon of the mixture in each phyllo cup.

Garnish with whipped topping as desired.

Refrigerate until served.

Per Serving (excluding unknown items): 37 Calories; trace Fat (3.3% calories from fat); 1g Protein; 9g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Fruit.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	37	Vitamin B6 (mg):	.1mg
% Calories from Fat:	3.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	91.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	5.1%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	17mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0 0%
Carbohydrate (g):	9g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	1mg	Vegetable:	0

Potassium (mg): 132mg
Calcium (mg): 12mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 26mg
Vitamin A (i.u.): 773IU
Vitamin A (r.e.): 77 1/2RE

Fruit: 1/2
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 37 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrates	9g	3%
Dietary Fiber	2g	8%
Protein	1g	
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Vitamin A		15%
Vitamin C		43%
Calcium		1%
Iron		0%

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