

Raspberry Mini Tarts

Tom Mullen - Port St. Lucie, FL

Yield: 24 mini-tarts

SHELL

*1 stick margarine or butter
3 ounces cream cheese, softened
1 cup all-purpose flour*

FILLING

*1 package (8 ounce) fat-free cream
cheese, softened
1 cup fat-free, sugar-free frozen
whipped topping, softened
1 can (12 ounces) SOLO raspberry
cake and pie filling*

Preheat the oven to 350 degrees.

Spray a 24-cup mini-muffin pan with non-stick cooking spray.

In a bowl blend the margarine and cream cheese.

Work in the flour forming a ball of dough.

Divide the ball into two equal parts. Subdivide each part into four equal sections. Further subdivide each section into three pieces. You should now have twenty-four pieces.

Place a dough piece into each muffin cup. Press the dough over the bottom and up the sides of each cup (A 1-1/2 to 2-inch rounded end tool may be helpful in spreading the dough).

Place the muffin pans on the middle rack of the oven. Bake for 10 minutes or until the cups turn golden brown.

Place on racks to cool completely.

In a bowl, thoroughly blend the cream cheese and whipped topping. With a spoon, fill each tart 3/4 full with the filling. Reserve any remainder for other uses.

Place a dollop of the raspberry pie filling on top of each tart. Reserve any remainder for other uses.

Refrigerate until use.

Per Serving (excluding unknown items): 1592 Calories; 123g Fat (69.2% calories from fat); 24g Protein; 99g Carbohydrate; 3g Dietary Fiber; 344mg Cholesterol; 1343mg Sodium. Exchanges: 6 1/2 Grain(Starch); 1 1/2 Lean Meat; 24 Fat; 0 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	1592	Vitamin B6 (mg):	.1mg
% Calories from Fat:	69.2%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	24.8%	Thiamin B1 (mg):	1.0mg
% Calories from Protein:	6.1%	Riboflavin B2 (mg):	.8mg
Total Fat (g):	123g	Folacin (mcg):	217mcg
Saturated Fat (g):	76g	Niacin (mg):	8mg
Monounsaturated Fat (g):	35g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	0
Cholesterol (mg):	344mg	% Refused:	n n%
Carbohydrate (g):	99g	Food Exchanges	
Dietary Fiber (g):	3g	Grain (Starch):	6 1/2
Protein (g):	24g	Lean Meat:	1 1/2
Sodium (mg):	1343mg	Vegetable:	0
Potassium (mg):	310mg	Fruit:	0
Calcium (mg):	166mg	Non-Fat Milk:	0
Iron (mg):	7mg	Fat:	24
Zinc (mg):	2mg	Other Carbohydrates:	0
Vitamin C (mg):	0mg		
Vitamin A (i.u.):	4942IU		
Vitamin A (r.e.):	1302 1/2RE		

Nutrition Facts

Amount Per Serving

Calories 1592 **Calories from Fat:** 1101

% Daily Values*

Total Fat 123g	190%
Saturated Fat 76g	382%
Cholesterol 344mg	115%
Sodium 1343mg	56%
Total Carbohydrates 99g	33%
Dietary Fiber 3g	13%
Protein 24g	
Vitamin A	99%
Vitamin C	0%
Calcium	17%
Iron	39%

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