

Rum Raisin Mini Tarts

Tom Mullen - Port St Lucie, FL

Yield: 30 tarts

2 cups milk
2/3 cup sugar
1 teaspoon rum extract
3 tablespoons raisins
3 egg yolks
1/4 cup cornstarch
2 tablespoons unsalted butter
1/2 teaspoon vanilla extract
2 boxes (15 each) frozen phyllo mini tarts
whipped topping (for garnish)

In a saucepan, heat the milk and sugar. Fold in the rum and raisins. Set aside.

In a bowl, whip the egg yolks and cornstarch. Dilute in 1/3 cup of the hot milk mixture. Set aside.

Bring to a boil the remaining sweetened milk. Beat into the yolk mixture.

Pour into a saucepan. Cook for 1 minute or so, whisking vigorously.

Off heat, whisk in the butter and vanilla until creamy smooth. Let cool until lukewarm. Refrigerate for one hour.

Using a spoon, fill the tart shells and place on a serving plate. Top with a dollop of whipped topping.

Refrigerate until serving.

Start to Finish Time: 30 minutes

An alternative to the frozen phyllo tarts is to prepare your own by using refrigerated pie crusts. Using a 3-inch biscuit cutter, cut thirty rounds from the prepared crusts. Place each round atop a cup of a mini muffin tin and press down evenly to cover the bottom and halfway up the sides. Spray lightly with a cooking spray. Bake in a 350 degree oven for 5 to 7 minutes until lightly browned. Remove and cool completely before filling.

Per Serving (excluding unknown items): 1407 Calories; 55g Fat (34.7% calories from fat); 26g Protein; 207g Carbohydrate; 1g Dietary Fiber; 766mg Cholesterol; 271mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 1 1/2 Fruit; 2 Non-Fat Milk; 9 1/2 Fat; 9 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

| | | | |
|----------------------|-------|--------------------|--------|
| Calories (kcal): | 1407 | Vitamin B6 (mg): | .4mg |
| % Calories from Fat: | 34.7% | Vitamin B12 (mcg): | 3.3mcg |

% Calories from Carbohydrates: 58.2%
% Calories from Protein: 7.2%
Total Fat (g): 55g
Saturated Fat (g): 29g
Monounsaturated Fat (g): 17g
Polyunsaturated Fat (g): 4g
Cholesterol (mg): 766mg
Carbohydrate (g): 207g
Dietary Fiber (g): 1g
Protein (g): 26g
Sodium (mg): 271mg
Potassium (mg): 1001mg
Calcium (mg): 673mg
Iron (mg): 3mg
Zinc (mg): 4mg
Vitamin C (mg): 5mg
Vitamin A (i.u.): 2453IU
Vitamin A (r.e.): 690 1/2RE

Thiamin B1 (mg): .3mg
Riboflavin B2 (mg): 1.1mg
Folacin (mcg): 99mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 12
% Refused: 0.0%

Food Exchanges

Grain (Starch): 2
Lean Meat: 1
Vegetable: 0
Fruit: 1 1/2
Non-Fat Milk: 2
Fat: 9 1/2
Other Carbohydrates: 9

Nutrition Facts

Amount Per Serving

Calories 1407 **Calories from Fat:** 488

% Daily Values*

| | | |
|----------------------------|-------|------|
| Total Fat | 55g | 84% |
| Saturated Fat | 29g | 146% |
| Cholesterol | 766mg | 255% |
| Sodium | 271mg | 11% |
| Total Carbohydrates | 207g | 69% |
| Dietary Fiber | 1g | 6% |
| Protein | 26g | |
| <hr/> | | |
| Vitamin A | | 49% |
| Vitamin C | | 9% |
| Calcium | | 67% |
| Iron | | 16% |

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