



Apple and Gruyère Cheese Tarts

READY IN



55 min.

SERVINGS



20

CALORIES



148 kcal

Ingredients

- ☐ 14.1 oz pie crust dough refrigerated softened (2 Count)
- ☐ 1 large apples red peeled cut into 1/4-inch cubes
- ☐ 4 oz gruyere cheese cut into 1/4-inch cubes
- ☐ 3 tablespoons butter
- ☐ 2 shallots finely chopped
- ☐ 3 tablespoons pistachios chopped
- ☐ 2 tablespoons cranberries dried sweetened chopped
- ☐ 1 teaspoon thyme sprigs fresh chopped

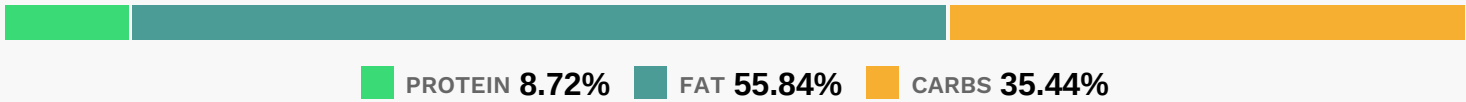
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°F. Unroll pie crusts; roll each crust into 12-inch round. Using 3 1/2-inch round cutter, cut 10 rounds from each crust, rerolling dough if necessary. Press each round into ungreased regular-size muffin cup.
- ☐ In medium bowl, mix apple and cheese cubes; set aside.
- ☐ In 8-inch skillet, melt butter over medium heat.
- ☐ Add shallots, cook 2 to 4 minutes, stirring occasionally, until tender.
- ☐ Remove from heat; stir into apple mixture. Spoon heaping tablespoon apple-shallot mixture into each cup.
- ☐ Bake 24 to 27 minutes or until crust is golden brown and cheese is melted. Cool in pans 5 minutes.
- ☐ Remove from muffin cups.
- ☐ Meanwhile, in medium bowl, stir nuts, cranberries and thyme. Spoon about 1 teaspoonful nut mixture over each tart. If desired, garnish tarts with additional thyme sprigs.
- ☐ Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.55, Inflammation Score:-2, Nutrition Score:2.8191304200369%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

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Nutrients (% of daily need)

Calories: 148.45kcal (7.42%), Fat: 9.3g (14.3%), Saturated Fat: 3.85g (24.06%), Carbohydrates: 13.27g (4.42%), Net Carbohydrates: 12.22g (4.44%), Sugar: 2.55g (2.84%), Cholesterol: 10.75mg (3.58%), Sodium: 136.24mg (5.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.53%), Calcium: 64.88mg (6.49%), Manganese: 0.12mg (5.99%), Phosphorus: 57.66mg (5.77%), Vitamin B1: 0.07mg (4.79%), Fiber: 1.06g (4.23%), Folate: 16.42µg (4.11%), Iron: 0.64mg (3.56%), Vitamin B2: 0.06mg (3.33%), Selenium: 2.1µg (3%), Vitamin B3: 0.59mg (2.93%), Vitamin A: 121.97IU (2.44%), Vitamin B6: 0.05mg (2.39%), Zinc: 0.36mg (2.37%), Vitamin K: 2.14µg (2.04%), Magnesium: 7.74mg (1.94%), Copper: 0.04mg (1.91%), Potassium: 57.64mg (1.65%), Vitamin E: 0.23mg (1.57%), Vitamin B12: 0.09µg (1.57%), Vitamin B5: 0.14mg (1.39%), Vitamin C: 0.94mg (1.14%)