



Apple, Goat Cheese, and Honey Tartlets

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



910 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon kosher salt
- 1 eggs beaten to blend
- 3 medium gala apple cored peeled quartered cut into 1/8-inch-thick slices
- 0.8 cup goat cheese fresh packed soft
- 0.5 teaspoon ground allspice (scant)
- 0.8 cup honey dark divided (preferably)
- 1 tablespoon juice of lemon fresh
- 34.6 ounce puff pastry frozen thawed (4 sheets)

- 3 tablespoons butter unsalted melted

Equipment

- bowl
- baking sheet
- baking paper
- oven
- cookie cutter

Directions

- Line 2 rimmed baking sheets with parchment paper.
- Roll out each puff pastry sheet on lightly floured surface to 11-inch square. Using 5-inch-diameter cookie cutter or bowl, cut out 4 rounds from each pastry sheet, forming 16 rounds total. Divide 8 pastry rounds between prepared baking sheets; pierce rounds all over with fork. Using 3 1/2-inch-diameter cookie cutter or bowl, cut out smaller rounds from center of remaining 8 rounds (reserve 3 1/2-inch rounds for another use), forming eight 5-inch-diameter rings.
- Brush outer 1-inch edges of 5-inch rounds on baking sheets with beaten egg; top each with 1 pastry ring. Freeze at least 30 minutes. DO AHEAD: Can be made 1 day ahead. Cover and keep frozen. Do not thaw before continuing.
- Preheat oven to 375°F.
- Mix cheese, lemon juice, and salt in bowl; spread mixture inside rings on frozen pastry rounds. Overlap apple slices atop cheese.
- Mix butter and 1/4 cup honey in small bowl; brush over apples.
- Sprinkle with allspice.
- Bake until apples are tender and pastry is golden, about 35 minutes.
- Place tartlets on plates.
- Drizzle 1 tablespoon honey over each and serve warm or at room temperature.
- Bake the tartlets four to six hours ahead, then store them uncovered at room temperature. Rewarm in a 350°F oven for five to ten minutes.
- Drizzle tartlets with honey just before serving.

Nutrition Facts

PROTEIN 6.02% FAT 54.58% CARBS 39.4%

Properties

Glycemic Index:19.41, Glycemic Load:46.09, Inflammation Score:-6, Nutrition Score:14.818260856297%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 5.14mg, Epicatechin: 5.14mg, Epicatechin: 5.14mg, Epicatechin: 5.14mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 910.13kcal (45.51%), Fat: 56.11g (86.33%), Saturated Fat: 17.82g (111.36%), Carbohydrates: 91.17g (30.39%), Net Carbohydrates: 87.59g (31.85%), Sugar: 34.36g (38.18%), Cholesterol: 41.54mg (13.85%), Sodium: 466.75mg (20.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.92g (27.83%), Selenium: 32.27µg (46.1%), Vitamin B1: 0.52mg (34.5%), Manganese: 0.67mg (33.74%), Vitamin B2: 0.49mg (28.53%), Vitamin B3: 5.31mg (26.57%), Folate: 104.04µg (26.01%), Iron: 3.87mg (21.48%), Vitamin K: 22.01µg (20.96%), Copper: 0.33mg (16.56%), Phosphorus: 149.27mg (14.93%), Fiber: 3.57g (14.29%), Vitamin A: 419.6IU (8.39%), Magnesium: 28.12mg (7.03%), Zinc: 1.02mg (6.81%), Vitamin E: 1.01mg (6.7%), Vitamin B6: 0.13mg (6.26%), Calcium: 53.38mg (5.34%), Potassium: 181.98mg (5.2%), Vitamin C: 4.07mg (4.94%), Vitamin B5: 0.3mg (3.01%), Vitamin D: 0.27µg (1.83%), Vitamin B12: 0.1µg (1.64%)