



Apricot-Pecan-Brie Tarts

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



162 kcal

Ingredients

- ☐ 0.3 cup apricot preserves
- ☐ 8 ounce round of président brie chilled
- ☐ 25 pecan halves
- ☐ 17.3 ounce puff pastry sheets frozen thawed

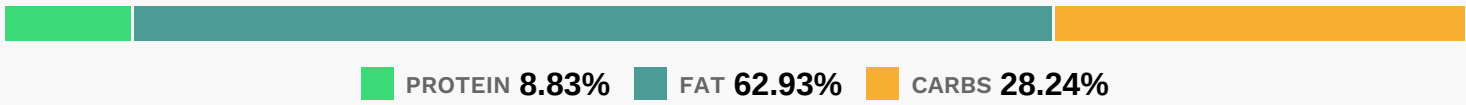
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wooden spoon

Directions

- ☐ Bake pecans at 350 in a shallow pan for 10 to 15 minutes or until toasted; cool.
- ☐ Remove rind from cheese; cut cheese into 24 cubes, and set aside.
- ☐ Roll pastry into a 15- x 10-inch rectangle on a lightly floured surface; cut into 24 squares. Fit squares into miniature muffin pans, extending corners slightly above cup rims.
- ☐ Bake pastry at 425 for 10 to 12 minutes or until it begins to brown.
- ☐ Remove from oven, and gently press handle of a wooden spoon into center of each pastry, forming tart shells.
- ☐ Spoon 1/2 teaspoon preserves into each shell; top with a cheese cube and a pecan half.
- ☐ Bake 5 more minutes or until cheese melts; serve immediately.
- ☐ * 24 wine-and-cheese crackers may be substituted. Top each cracker with 1/2 teaspoon preserves, cheese, and a pecan half; place on a baking sheet.
- ☐ Bake at 350 for 5 minutes or until cheese melts. For testing, us used Prima Gourmet crackers.

Nutrition Facts



Properties

Glycemic Index:3.88, Glycemic Load:4.99, Inflammation Score:-1, Nutrition Score:3.0647825806037%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 161.86kcal (8.09%), Fat: 11.44g (17.6%), Saturated Fat: 3.7g (23.12%), Carbohydrates: 11.55g (3.85%), Net Carbohydrates: 11.1g (4.03%), Sugar: 1.68g (1.86%), Cholesterol: 9.45mg (3.15%), Sodium: 111.49mg (4.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.22%), Selenium: 6.42µg (9.17%), Manganese: 0.17mg (8.48%), Vitamin B1: 0.1mg (6.49%), Vitamin B2: 0.11mg (6.44%), Folate: 22.39µg (5.6%), Vitamin B3: 0.9mg (4.52%), Iron:

0.62mg (3.45%), Phosphorus: 34.13mg (3.41%), Vitamin K: 3.55µg (3.38%), Zinc: 0.4mg (2.67%), Vitamin B12: 0.16µg (2.6%), Copper: 0.05mg (2.29%), Calcium: 21.1mg (2.11%), Fiber: 0.46g (1.82%), Magnesium: 7.05mg (1.76%), Vitamin B6: 0.03mg (1.51%), Vitamin A: 63.7IU (1.27%), Vitamin E: 0.16mg (1.05%), Potassium: 35.3mg (1.01%)