



Artichoke and Feta Tarts



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



190 kcal

Ingredients

- ☐ 1 large eggs beaten to blend
- ☐ 4 ounces feta cheese divided
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 6 servings pepper freshly ground
- ☐ 8 ounce marinated artichoke halved drained
- ☐ 2 tablespoons olive oil

Equipment

- ☐ food processor
- ☐ baking sheet

☐ oven

☐ knife

Directions

- ☐ Preheat oven to 425°F. Blend cream and 2 ounces feta in a food processor until smooth; season with salt and pepper.
- ☐ If using 14-ounce package of puff pastry, cut in half and roll out each half on a lightly floured surface into a 16x10" rectangle. (If using 17.3-ounce package, use 1 sheet of pastry for each tart.)
- ☐ Transfer each piece of pastry to a parchment-lined baking sheet. Using a paring knife, lightly score pastry (do not cut all the way through), leaving a 1" border.
- ☐ Spread feta mixture over pastry, dividing evenly and staying within border. Arrange artichoke hearts over feta mixture and crumble remaining 2 ounces feta over; drizzle with oil.
- ☐ Brush pastry border with egg.
- ☐ Bake tart until pastry is puffed and beginning to brown, 10–15 minutes. Reduce oven temperature to 375°F and continue to bake until pastry is deep golden brown and cooked through, 20–25 minutes longer.
- ☐ Serve warm or at room temperature.
- ☐ DO AHEAD: Tart can be made 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ tart , 4 ways
- ☐ The feta and puff pastry in this tart pair well with any number of toppings. In place of the artichokes, try: Red Pepper + Olive
- ☐ Scatter feta cream with jarred roasted red peppers, black olives, and chopped fresh rosemary, then bake. Finish with a drizzle of olive oil. Asparagus + Egg Top cheese with asparagus that's been halved lengthwise. Once out of the oven, slide on a few fried eggs. Smoked Salmon + Scallion
- ☐ Bake tart with feta only. When slightly cooled, add smoked salmon and sliced scallions.
- ☐ Per serving: 430 calories, 31 g fat, 2 g fiber
- ☐ Bon Appétit

Nutrition Facts



 PROTEIN **9.48%**  FAT **83.94%**  CARBS **6.58%**

Properties

Glycemic Index:9.83, Glycemic Load:0.21, Inflammation Score:-4, Nutrition Score:4.9817391426667%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 190.04kcal (9.5%), Fat: 17.7g (27.23%), Saturated Fat: 6.84g (42.74%), Carbohydrates: 3.12g (1.04%), Net Carbohydrates: 2.34g (0.85%), Sugar: 0.8g (0.88%), Cholesterol: 62.76mg (20.92%), Sodium: 374.61mg (16.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.5g (9%), Vitamin A: 697.66IU (13.95%), Vitamin B2: 0.22mg (13.1%), Calcium: 114.62mg (11.46%), Vitamin C: 8.02mg (9.72%), Phosphorus: 88.02mg (8.8%), Selenium: 5.79µg (8.28%), Vitamin B12: 0.41µg (6.91%), Vitamin E: 0.92mg (6.11%), Vitamin B6: 0.1mg (4.96%), Zinc: 0.68mg (4.56%), Vitamin K: 3.76µg (3.58%), Vitamin B5: 0.35mg (3.46%), Iron: 0.59mg (3.28%), Fiber: 0.78g (3.13%), Vitamin D: 0.45µg (3.03%), Folate: 10.51µg (2.63%), Vitamin B1: 0.04mg (2.35%), Magnesium: 5.69mg (1.42%), Potassium: 37.15mg (1.06%), Manganese: 0.02mg (1.03%), Vitamin B3: 0.2mg (1.02%)