



Black Bean Tartlets

 Vegetarian

READY IN



45 min.

SERVINGS



32

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 32 servings black bean salsa
- ☐ 0.5 cup butter cold cut into pieces
- ☐ 1 teaspoon chili powder
- ☐ 32 servings garnishes: cream fresh sour
- ☐ 1 large eggs lightly beaten
- ☐ 1.3 cups flour all-purpose
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 teaspoon ground cumin

- ☐ 0.5 teaspoon ground pepper red
- ☐ 2 tablespoons ice water
- ☐ 2 ounces monterrey jack cheese shredded with peppers
- ☐ 1 teaspoon salt
- ☐ 0.8 cup cornmeal yellow

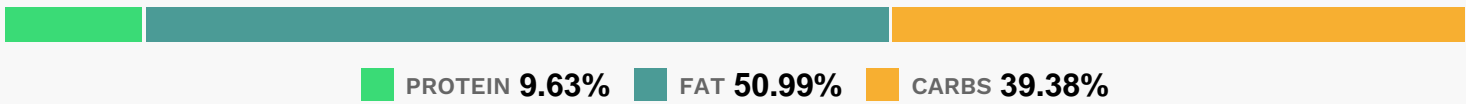
Equipment

- ☐ food processor
- ☐ oven

Directions

- ☐ Combine first 8 ingredients in a food processor; pulse until blended.
- ☐ Add butter; pulse until mixture is crumbly.
- ☐ Add egg and ice water; process just until the mixture forms a ball.
- ☐ Divide dough in half; shape each half of dough into 16 (1") balls. Press balls into lightly greased miniature (1 3/4") muffin pans, pressing evenly into bottom and up sides.
- ☐ Bake tartlet shells at 450 for 8 minutes or until lightly browned. Cool in pans 10 minutes; remove shells to wire racks, and cool completely.
- ☐ Spoon 1 tablespoon Black Bean Salsa into each tartlet shell; garnish, if desired.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:9.2, Glycemic Load:4.33, Inflammation Score:-1, Nutrition Score:1.7365217458295%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 68.33kcal (3.42%), Fat: 3.89g (5.98%), Saturated Fat: 2.26g (14.13%), Carbohydrates: 6.75g (2.25%), Net Carbohydrates: 6.17g (2.24%), Sugar: 0.21g (0.24%), Cholesterol: 15.02mg (5.01%), Sodium: 109.86mg (4.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.3%), Selenium: 2.68µg (3.83%), Vitamin B1: 0.05mg (3.43%), Manganese: 0.06mg (3.13%), Vitamin A: 149.78IU (3%), Folate: 11.5µg (2.88%), Phosphorus: 26.3mg (2.63%), Vitamin B2: 0.04mg (2.6%), Iron: 0.46mg (2.55%), Fiber: 0.58g (2.33%), Vitamin B3: 0.4mg (1.99%), Calcium: 16.91mg (1.69%), Vitamin B6: 0.03mg (1.58%), Zinc: 0.23mg (1.57%), Magnesium: 6.24mg (1.56%), Vitamin E: 0.16mg (1.05%)