



Black olive & goat's cheese tartlets



Vegetarian



Popular

READY IN



40 min.

SERVINGS



20

CALORIES



162 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 375 g pack ready-rolled puff pastry
- ☐ 1 eggs lightly beaten
- ☐ 400 g packs crumbly goat's cheese
- ☐ 1 handful olives black pitted sliced
- ☐ 20 servings parsley chopped

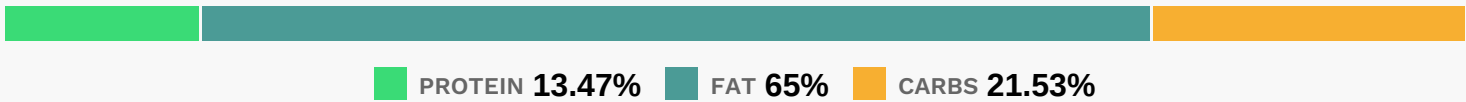
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Unwrap the puff pastry and, using a 5cm cutter, cut out 20 rounds (you may need to re-roll the pastry trimmings to get 20 circles). Now use a slightly smaller cutter to make a light dent in the pastry, creating a rim. Use a fork to make a few pricks in the centre of the pastry; this will stop it from rising, while letting the outer rim puff up.
- ☐ Place the pastry discs on a baking sheet and brush all over with the egg. Crumble the goats cheese in the centre of each tartlet and scatter over the olives. Can be made up to this point up to 2 days ahead and kept in the fridge. Cook for 15-18 mins until the pastry is puffed and golden brown.
- ☐ Sprinkle with parsley before serving.

Nutrition Facts



Properties

Glycemic Index:4.4, Glycemic Load:4.62, Inflammation Score:-5, Nutrition Score:7.1499999450601%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 162.15kcal (8.11%), Fat: 11.75g (18.08%), Saturated Fat: 4.82g (30.11%), Carbohydrates: 8.76g (2.92%), Net Carbohydrates: 8.32g (3.02%), Sugar: 0.36g (0.4%), Cholesterol: 17.38mg (5.79%), Sodium: 141.25mg (6.14%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 5.48g (10.96%), Vitamin K: 69µg (65.71%), Vitamin A: 559.56IU (11.19%), Copper: 0.18mg (8.83%), Vitamin B2: 0.14mg (8.42%), Selenium: 5.79µg (8.27%), Phosphorus: 69.17mg (6.92%), Vitamin C: 5.32mg (6.45%), Iron: 1.15mg (6.4%), Vitamin B1: 0.09mg (6.21%), Folate: 24.17µg (6.04%), Manganese: 0.12mg (5.93%), Vitamin B3: 0.92mg (4.62%), Calcium: 37.15mg (3.71%), Vitamin B6: 0.06mg (3.08%), Zinc: 0.35mg (2.37%), Magnesium: 8.57mg (2.14%), Vitamin B5: 0.19mg (1.86%), Fiber: 0.45g (1.78%), Vitamin E: 0.23mg (1.52%), Potassium: 42.25mg (1.21%)