



Blue Cheese and Pear Tartlets

READY IN



35 min.

SERVINGS



15

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 ounces cheese blue crumbled
- 15 servings ground pepper black to taste
- 2 tablespoons cup heavy whipping cream light
- 1 pears cored ripe peeled chopped
- 2.1 ounce phyllo tart shells mini

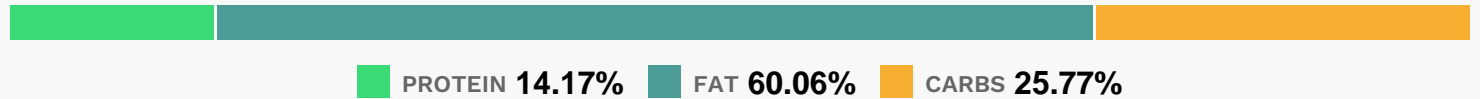
Equipment

- oven

Directions

- Pre-bake phyllo shells according to package directions. Set aside to cool.
- Mix together blue cheese, pear, and cream. Season to taste with pepper. Spoon mixture into cooled shells.
- Bake at 350 degrees F (175 degrees C) for 15 minutes.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:6.38, Glycemic Load:0.59, Inflammation Score:-1, Nutrition Score:1.3082608697207%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 58.43kcal (2.92%), Fat: 3.94g (6.06%), Saturated Fat: 2.28g (14.23%), Carbohydrates: 3.8g (1.27%), Net Carbohydrates: 3.22g (1.17%), Sugar: 1.39g (1.54%), Cholesterol: 8.84mg (2.95%), Sodium: 99.11mg (4.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.18%), Calcium: 42.81mg (4.28%), Phosphorus: 32.06mg (3.21%), Iron: 0.43mg (2.37%), Fiber: 0.58g (2.33%), Vitamin B2: 0.03mg (2.04%), Vitamin A: 81.46IU (1.63%), Vitamin B12: 0.1µg (1.6%), Selenium: 1.12µg (1.6%), Zinc: 0.22mg (1.46%), Vitamin B5: 0.14mg (1.43%), Potassium: 36.39mg (1.04%)