



Blue Cheese-Apple Tartlets

READY IN



25 min.

SERVINGS



15

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.9 oz athens phyllo shells frozen mini (15 shells)
- ☐ 1 tablespoon butter
- ☐ 1 large apples i use 2 granny smith apples peeled finely chopped
- ☐ 0.3 cup walnut pieces toasted finely chopped
- ☐ 1 Dash nutmeg
- ☐ 2 oz cheese blue crumbled
- ☐ 1 leaves thyme leaves fresh

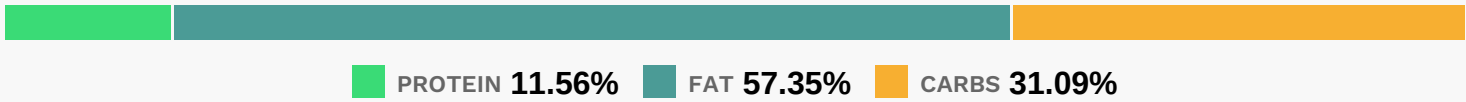
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375°F. On ungreased cookie sheet, place phyllo shells.
- ☐ In 10-inch skillet, melt butter over medium-high heat. Cook apple in butter 5 minutes, stirring frequently, until tender.
- ☐ Remove from heat; stir in walnuts and nutmeg. Stir in blue cheese. Divide mixture evenly among phyllo shells.
- ☐ Bake 8 minutes or until cheese is melted and tartlets are warm.
- ☐ Garnish with thyme.

Nutrition Facts



Properties

Glycemic Index:12.93, Glycemic Load:0.61, Inflammation Score:-1, Nutrition Score:1.1713043321734%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 53.42kcal (2.67%), Fat: 3.66g (5.63%), Saturated Fat: 1g (6.28%), Carbohydrates: 4.46g (1.49%), Net Carbohydrates: 3.95g (1.44%), Sugar: 1.63g (1.82%), Cholesterol: 2.84mg (0.94%), Sodium: 59.94mg (2.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.32%), Manganese: 0.08mg (3.76%), Phosphorus: 23.44mg (2.34%), Calcium: 23.43mg (2.34%), Fiber: 0.51g (2.04%), Copper: 0.04mg (1.88%), Vitamin A: 73.88IU (1.48%), Vitamin B2: 0.02mg (1.29%), Magnesium: 4.95mg (1.24%), Vitamin B6: 0.02mg (1.16%), Zinc: 0.17mg (1.13%), Potassium: 35.21mg (1.01%)