



## Blue Cheese Potato Tarts

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



355 kcal

### Ingredients

- 1 tablespoon balsamic vinegar
- 1 ounce cheese blue crumbled
- 0.5 cup process cream cheese light softened
- 3 8-inch flour tortillas fat-free ()
- 3 tablespoons chives fresh minced
- 2 teaspoons rosemary fresh minced
- 0.3 cup olives ripe finely chopped
- 0.5 teaspoon pepper freshly ground
- 9 small round potatoes red

1 cup tomatoes seeded finely chopped

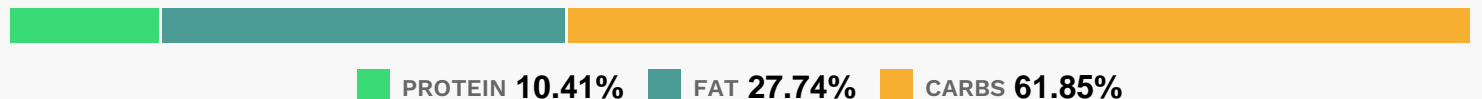
## Equipment

- bowl
- baking sheet
- sauce pan
- oven
- cookie cutter

## Directions

- Cook potatoes in a large saucepan in boiling water to cover 15 minutes or until tender.
- Drain and cool.
- Cut potatoes into 1/8-inch-thick slices; set aside.
- Combine cream cheese and next 3 ingredients in a small bowl, mixing well. Set aside.
- Combine tomato, olives, and vinegar in a small bowl; toss gently. Set aside.
- Cut 2 circles from each flour tortilla, using a 4-inch round cookie cutter.
- Spread cheese mixture evenly over tortilla circles. Overlap potato slices around edges of tortillas to form circles. Coat potato slices with cooking spray.
- Place a baking sheet in a 400 oven for 5 minutes.
- Remove from oven; immediately arrange tarts on hot baking sheet, and bake 8 to 10 minutes or until hot and tortillas are crisp. Spoon tomato mixture evenly onto centers of tarts; sprinkle with chives.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:42.17, Glycemic Load:4.81, Inflammation Score:-7, Nutrition Score:16.342174033756%

## Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

## Nutrients (% of daily need)

Calories: 355.3kcal (17.77%), Fat: 11.19g (17.21%), Saturated Fat: 5.67g (35.41%), Carbohydrates: 56.11g (18.7%), Net Carbohydrates: 50.32g (18.3%), Sugar: 6.08g (6.76%), Cholesterol: 22.65mg (7.55%), Sodium: 437.01mg (19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.44g (18.88%), Potassium: 1300.27mg (37.15%), Vitamin C: 26.21mg (31.77%), Manganese: 0.55mg (27.35%), Phosphorus: 254.45mg (25.45%), Vitamin B6: 0.49mg (24.56%), Vitamin B1: 0.35mg (23.48%), Fiber: 5.8g (23.18%), Vitamin B3: 4.3mg (21.48%), Copper: 0.4mg (20.01%), Folate: 78.81µg (19.7%), Magnesium: 69.11mg (17.28%), Iron: 2.98mg (16.55%), Vitamin K: 15.25µg (14.52%), Selenium: 9.35µg (13.35%), Vitamin B2: 0.22mg (12.92%), Vitamin A: 604.1IU (12.08%), Calcium: 114.38mg (11.44%), Vitamin B5: 0.97mg (9.74%), Zinc: 1.25mg (8.36%), Vitamin E: 0.55mg (3.69%), Vitamin B12: 0.1µg (1.65%)