



Blue Cheese Tartlets With Fig Jam and Walnuts

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



273 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 ounces cheese blue
- 0.5 cup butter melted
- 1 cup let set min. spread
- 1.3 cups flour all-purpose
- 1 orange zest for zesting
- 30 servings walnuts

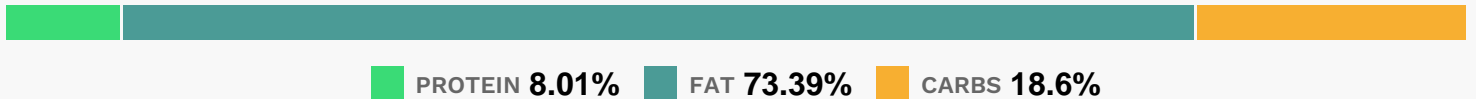
Equipment

- bowl
- oven
- wire rack
- tart form

Directions

- Preheat the oven to 350F. Lightly grease the cups of the mini muffin pans, unless you're using non-stick pans. In a medium bowl cream together the blue cheese and butter.
- Add the flour and use your hands to bring the dough together in the bowl. Divide the dough into 30 pieces and roll into balls. (If you prefer a more delicate shell, divide the dough into 36 pieces.) Using lightly floured fingers evenly press the dough against the sides of the mini tart pan until the dough rises slightly above the rim of the muffin cup.
- Bake for 15 minutes, until golden brown. Cool in pans for 5 minutes.
- Remove shells to a wire rack to finish cooling. Store cooled shells in an airtight container until ready to use. (They freeze well too.)
- Bake frozen shells for 8 minutes at 325F before filling.) Spoon jam into cooled tartlet shells.
- Sprinkle with toasted walnuts, orange zest, and thyme leaves if using.

Nutrition Facts



Properties

Glycemic Index: 7.57, Glycemic Load: 6.1, Inflammation Score: -4, Nutrition Score: 8.1634782608696%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg

Taste

Sweetness: 59.19%, Saltiness: 19.83%, Sourness: 18.12%, Bitterness: 65.17%, Savoriness: 35.29%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 273.44kcal (13.67%), Fat: 23.5g (36.15%), Saturated Fat: 4.32g (27.02%), Carbohydrates: 13.4g (4.47%), Net Carbohydrates: 11.12g (4.04%), Sugar: 4.43g (4.93%), Cholesterol: 10.26mg (3.42%), Sodium: 60.03mg (2.61%),

Protein: 5.77g (11.54%), Manganese: 1.06mg (53.15%), Copper: 0.49mg (24.67%), Magnesium: 49.66mg (12.42%), Phosphorus: 122.81mg (12.28%), Folate: 41.01µg (10.25%), Vitamin B1: 0.15mg (9.72%), Fiber: 2.28g (9.1%), Vitamin B6: 0.17mg (8.52%), Zinc: 1.05mg (6.99%), Iron: 1.16mg (6.47%), Selenium: 3.84µg (5.48%), Vitamin B2: 0.09mg (5.23%), Calcium: 48.2mg (4.82%), Potassium: 152.64mg (4.36%), Vitamin B3: 0.68mg (3.4%), Vitamin B5: 0.25mg (2.5%), Vitamin A: 123.86IU (2.48%), Vitamin E: 0.32mg (2.12%), Vitamin C: 1.59mg (1.93%), Vitamin K: 1.16µg (1.1%)