



Brie-and-Fig Mini Tarts

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



30 kcal

Ingredients

- ☐ 1 tablespoon candied ginger minced
- ☐ 2 tablespoons fig preserves
- ☐ 1.9 oz mini-phyllo pastry shells frozen
- ☐ 10 servings pepper freshly ground to taste

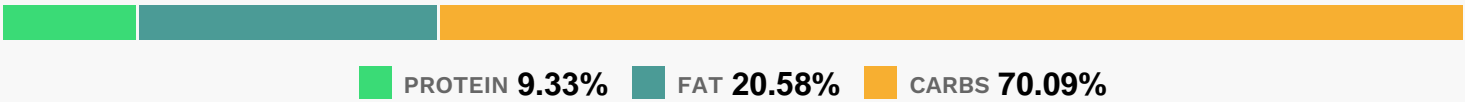
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Cut Brie into 15 pieces.
- ☐ Place 1 piece into each phyllo shell, and top each with a rounded 1/4 teaspoonful fig preserves.
- ☐ Place on a baking sheet, and bake 6 minutes.
- ☐ Sprinkle with candied ginger and pepper to taste.
- ☐ Goat Cheese-and-Olive Mini Tarts: Preheat oven to 37
- ☐ Place 1 tsp. softened goat cheese into each of 15 frozen mini-phylllo pastry shells. Top each with 1/2 tsp. olive tapenade.
- ☐ Place on a baking sheet, and bake 6 minutes.
- ☐ Sprinkle with 1 tsp. fresh thyme leaves and freshly ground pepper to taste.
- ☐ Cheddar-Chutney Mini Tarts: Preheat oven to 37
- ☐ Stir together 2 oz. softened cream cheese and 1/2 cup (2 oz.) shredded extra-sharp Cheddar cheese. Divide cream cheese mixture among 15 frozen mini-phylllo pastry shells; top each with 1/2 tsp. mango chutney.
- ☐ Place on a baking sheet, and bake 6 minutes.
- ☐ Monte Cristo Mini-Tarts: Preheat oven to 37
- ☐ Divide 2 oz. shaved ham among 15 frozen mini-phylllo pastry shells.
- ☐ Sprinkle with 1/2 cup (2 oz.) shredded Swiss cheese, and top each with 1/4 tsp. strawberry jam.
- ☐ Place on a baking sheet, and bake 6 minutes.

Nutrition Facts



Properties

Glycemic Index:8.7, Glycemic Load:1.06, Inflammation Score:0, Nutrition Score:0.10999999980888%

Nutrients (% of daily need)

Calories: 29.94kcal (1.5%), Fat: 0.75g (1.16%), Saturated Fat: 0g (0.01%), Carbohydrates: 5.77g (1.92%), Net Carbohydrates: 5.72g (2.08%), Sugar: 2.12g (2.35%), Cholesterol: 0mg (0%), Sodium: 12.27mg (0.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.54%)