



## Brie Tartlets With Grape Relish



Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1.5 teaspoons balsamic vinegar
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 1 green onion minced
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.8 cup grapes red seedless chopped
- ☐ 15 oz piecrusts refrigerated
- ☐ 30 servings garnish: rosemary sprigs fresh
- ☐ 0.3 cup walnuts chopped

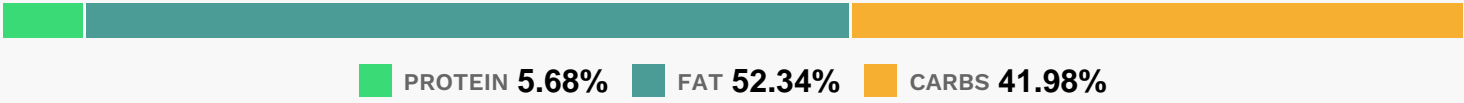
# Equipment

- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ muffin liners

# Directions

- ☐ Place walnuts in a single layer on a baking sheet.
- ☐ Bake at 350 for 8 to 10 minutes or until lightly toasted and fragrant. Increase oven temperature to 42
- ☐ Unroll piecrust on a flat surface.
- ☐ Cut into 24 rounds using a 2-inch round cutter. Press rounds into bottoms of ungreased miniature muffin cups (dough will come slightly up sides, forming a cup). Prick bottom of dough with a fork.
- ☐ Bake at 425 for 6 to 7 minutes or until golden.
- ☐ Remove from pans, and cool on a wire rack 15 minutes. Reduce oven temperature to 30
- ☐ Meanwhile, cut Brie round into 24 pieces. Stir together grapes and next 4 ingredients.
- ☐ Arrange pastry shells on a baking sheet.
- ☐ Place 1 Brie piece in each pastry cup; sprinkle Brie pieces evenly with toasted walnuts.
- ☐ Bake at 300 for 4 to 6 minutes or just until cheese begins to melt. Top tarts evenly with grape mixture.
- ☐ Garnish, if desired.
- ☐ Serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:8.33, Glycemic Load:0.36, Inflammation Score:-1, Nutrition Score:1.3808695615634%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 74.49kcal (3.72%), Fat: 4.35g (6.7%), Saturated Fat: 1.23g (7.66%), Carbohydrates: 7.86g (2.62%), Net Carbohydrates: 7.34g (2.67%), Sugar: 0.66g (0.73%), Cholesterol: 0mg (0%), Sodium: 58.25mg (2.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.13%), Manganese: 0.1mg (5.18%), Vitamin B1: 0.05mg (3.04%), Folate: 11.52µg (2.88%), Iron: 0.45mg (2.5%), Vitamin K: 2.47µg (2.35%), Fiber: 0.51g (2.05%), Vitamin B3: 0.4mg (2.02%), Vitamin B2: 0.03mg (1.71%), Copper: 0.03mg (1.61%), Phosphorus: 14.63mg (1.46%), Selenium: 0.87µg (1.24%), Magnesium: 4.29mg (1.07%)