



Caramelized Onion and Mushroom Tartlets

READY IN



40 min.

SERVINGS



24

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup asiago cheese shredded
- ☐ 1 tablespoon brown sugar packed
- ☐ 2 tablespoons chicken broth
- ☐ 8 oz regular crescent rolls refrigerated pillsbury® crescent recipe creations® canned
- ☐ 1 cup mushrooms fresh chopped
- ☐ 2 teaspoons thyme sprigs dried fresh chopped
- ☐ 1 tablespoon olive oil
- ☐ 8 oz onion sweet thinly sliced (3 cups)
- ☐ 0.3 cup walnut pieces chopped

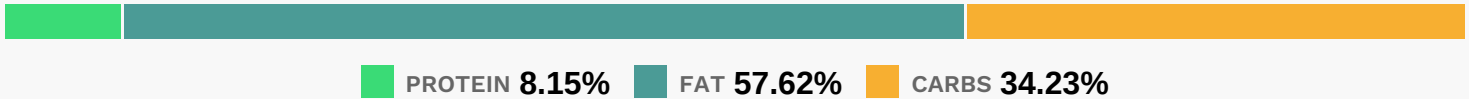
Equipment

- ☐ frying pan
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 375°F. Unroll dough on work surface (if using crescent rolls, pinch seams to seal); cut into 24 (2-inch) squares. Press 1 square in bottom and up side of each of 24 ungreased mini muffin cups.
- ☐ In 10-inch skillet, heat oil over medium heat.
- ☐ Add onion and thyme; cook 8 to 10 minutes, stirring frequently. Reduce heat to medium-low; cook 6 to 9 minutes, stirring constantly, until onions are caramelized. Stir in brown sugar and wine; cook 2 to 3 minutes, stirring constantly, until liquid is gone. Stir in mushrooms. Spoon about 1 tablespoon onion-mushroom mixture into each cup. Top with walnuts and cheese.
- ☐ Bake 12 to 15 minutes or until golden brown.
- ☐ Remove tartlets from pan immediately.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:5.17, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:1.1426086908449%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 60.35kcal (3.02%), Fat: 4.06g (6.25%), Saturated Fat: 1.26g (7.88%), Carbohydrates: 5.43g (1.81%), Net Carbohydrates: 5.17g (1.88%), Sugar: 2.04g (2.27%), Cholesterol: 0.97mg (0.32%), Sodium: 102.22mg (4.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.58%), Manganese: 0.07mg (3.43%), Copper: 0.05mg (2.28%), Phosphorus: 21.5mg (2.15%), Calcium: 21.19mg (2.12%), Vitamin B2: 0.03mg (1.56%), Iron: 0.26mg (1.44%), Vitamin B6: 0.03mg (1.36%), Magnesium: 4.71mg (1.18%), Selenium: 0.82µg (1.17%), Folate: 4.62µg (1.16%), Fiber: 0.26g (1.03%)