



 3%
HEALTH SCORE

Caramelized Onion Tartlets

 Vegetarian

READY IN



65 min.

SERVINGS



10

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup asiago cheese shredded
- 0.3 teaspoon kosher salt
- 2 teaspoons olive oil
- 1 sheet puff pastry frozen thawed
- 2 small onion red thinly sliced
- 1 tablespoon balsamic vinegar white
- 2 small onion yellow thinly sliced

Equipment

- frying pan
- baking sheet
- baking paper
- oven

Directions

- Heat oil in a skillet over medium-high heat.
- Add onions; saut 5 minutes. Reduce heat to medium. Cook for 15 minutes; stir occasionally.
- Add vinegar.
- Preheat oven to 40
- Unfold dough, and place on a work surface lightly dusted with flour.
- Roll into a 10 x 9-inch rectangle.
- Cut dough into 20 (2 1/4 x 2-inch) rectangles. Score each rectangle about 1/8-inch from edge. Prick dough pieces liberally with a fork. Arrange on a baking sheet lined with parchment paper; chill 10 minutes.
- Sprinkle about 3/4 teaspoon cheese over each tartlet; top with about 1 tablespoon onion mixture.
- Sprinkle with salt.
- Bake at 400 for 15 minutes or until dough is lightly browned.

Nutrition Facts



PROTEIN 7.87% **FAT 57.73%** **CARBS 34.4%**

Properties

Glycemic Index:18.7, Glycemic Load:6.89, Inflammation Score:-3, Nutrition Score:3.6282609046801%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.8mg, Isorhamnetin: 1.8mg, Isorhamnetin: 1.8mg, Isorhamnetin: 1.8mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg

Nutrients (% of daily need)

Calories: 170.94kcal (8.55%), Fat: 11.03g (16.97%), Saturated Fat: 3.04g (18.97%), Carbohydrates: 14.79g (4.93%), Net Carbohydrates: 13.81g (5.02%), Sugar: 1.97g (2.19%), Cholesterol: 2.27mg (0.76%), Sodium: 174.37mg (7.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.77%), Selenium: 6.86µg (9.8%), Manganese: 0.17mg (8.45%), Vitamin B1: 0.12mg (7.69%), Folate: 26.18µg (6.55%), Vitamin B3: 1.07mg (5.36%), Vitamin B2: 0.09mg (5.3%), Calcium: 50.67mg (5.07%), Phosphorus: 48.58mg (4.86%), Vitamin K: 4.63µg (4.41%), Iron: 0.75mg (4.15%), Fiber: 0.98g (3.92%), Vitamin C: 2.66mg (3.23%), Vitamin B6: 0.05mg (2.57%), Magnesium: 9.18mg (2.3%), Copper: 0.04mg (2.17%), Potassium: 72.38mg (2.07%), Zinc: 0.28mg (1.89%), Vitamin E: 0.26mg (1.75%)