

Cheddar-Chutney Mini Tarts

READY IN

ready

10 min.

SERVINGS

servings

10

CALORIES

calories

76 kcal

Ingredients

- ☐ 2 ounces cream cheese softened
- ☐ 2.5 tablespoons mango chutney
- ☐ 1.9 oz mini-phyllo pastry shells frozen
- ☐ 2 oz cheddar cheese shredded extra-sharp

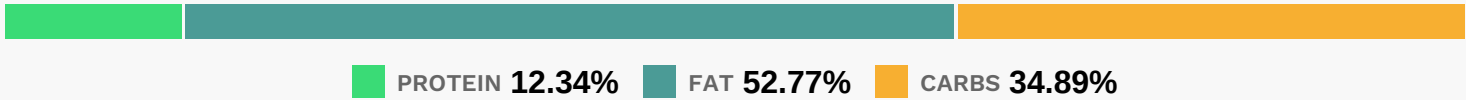
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐
- Preheat oven to 37
- ☐
- Stir together softened cream cheese and shredded extra-sharp Cheddar cheese. Divide cream cheese mixture among 15 frozen mini-phylo pastry shells; top each with 1/2 tsp. mango chutney.
- ☐
- Place on a baking sheet, and bake 6 minutes.

Nutrition Facts



Properties

Glycemic Index:10.9, Glycemic Load:1.99, Inflammation Score:-1, Nutrition Score:1.0652173921142%

Nutrients (% of daily need)

Calories: 75.57kcal (3.78%), Fat: 4.63g (7.12%), Saturated Fat: 2.23g (13.97%), Carbohydrates: 6.89g (2.3%), Net Carbohydrates: 6.83g (2.49%), Sugar: 2.66g (2.95%), Cholesterol: 11.4mg (3.8%), Sodium: 67.69mg (2.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.87%), Calcium: 46.59mg (4.66%), Phosphorus: 32.99mg (3.3%), Selenium: 2.19µg (3.13%), Vitamin A: 132.96IU (2.66%), Vitamin B2: 0.04mg (2.46%), Zinc: 0.24mg (1.6%), Vitamin B12: 0.07µg (1.21%)