

health-score 89%

HEALTH SCORE

Cheese Straw Tomato Tartlets

Very Healthy

READY IN

ready

205 min.

SERVINGS

servings

1

CALORIES

calories

3722 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.8 cup butter cold cut into pieces
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 2.5 cups flour all-purpose
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 3 garlic cloves finely chopped
- ☐ 2 pt grape tomatoes red yellow cut in half lengthwise

- ☐ 0.5 cup ice-cold water
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 1 serving parmesan cheese crumbled shaved
- ☐ 1 serving crust
- ☐ 0.3 tsp pepper dried red crushed
- ☐ 2 tablespoons red wine vinegar
- ☐ 6 oz cheddar cheese shredded white extra-sharp

Equipment

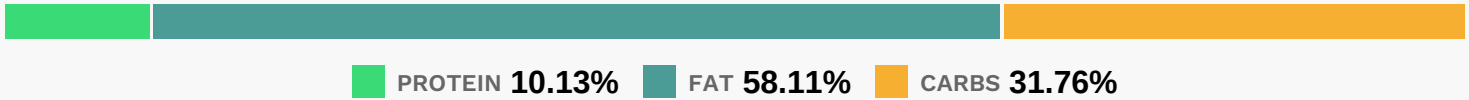
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ muffin tray

Directions

- ☐ Prepare Crust: Pulse first 3 ingredients in a food processor 3 or 4 times or until combined.
- ☐ Add butter, and pulse 5 or 6 times or until crumbly. Stir in cheese. With processor running, gradually add 1/2 cup ice-cold water, and process until dough forms a ball and pulls away from sides of bowl, adding more water, 1 Tbsp. at a time, if necessary.
- ☐ Divide dough in half; place each half on a large piece of plastic wrap. Shape each into a flat disk. Wrap in plastic wrap, and chill 2 to 24 hours.
- ☐ Prepare Filling: Toss together tomatoes and next 8 ingredients; let stand 1 to 1 1/2 hours.
- ☐ Preheat oven to 40
- ☐ Roll 1 dough disk to 1/4-inch thickness on a lightly floured surface.
- ☐ Cut into 12 rounds using a 2 1/2-inch round cutter, rerolling dough as needed; press into cups of a lightly greased 12-cup miniature muffin pan. (Dough will come slightly up sides.) Repeat

- procedure with remaining dough disk and another muffin pan. Divide tomato mixture among cups.
- ☐ Bake at 400 for 40 to 45 minutes or until golden.
 - ☐ Remove from pans. Cool completely on a wire rack (about 15 minutes).
 - ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:386, Glycemic Load:184.66, Inflammation Score:-10, Nutrition Score:79.3469565433%

Flavonoids

Naringenin: 6.44mg, Naringenin: 6.44mg, Naringenin: 6.44mg, Naringenin: 6.44mg Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 1.97mg, Myricetin: 1.97mg, Myricetin: 1.97mg, Myricetin: 1.97mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 3722.15kcal (186.11%), Fat: 242.55g (373.16%), Saturated Fat: 131.55g (822.18%), Carbohydrates: 298.27g (99.42%), Net Carbohydrates: 275.13g (100.05%), Sugar: 27.02g (30.02%), Cholesterol: 556.53mg (185.51%), Sodium: 6338.8mg (275.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 95.12g (190.24%), Vitamin A: 14861.35IU (297.23%), Selenium: 165.39µg (236.28%), Vitamin K: 225.4µg (214.67%), Folate: 792.78µg (198.19%), Vitamin B1: 2.96mg (197.65%), Manganese: 3.87mg (193.72%), Calcium: 1864.59mg (186.46%), Vitamin C: 138.77mg (168.2%), Phosphorus: 1638.45mg (163.84%), Vitamin B2: 2.72mg (159.77%), Vitamin B3: 25.33mg (126.67%), Iron: 20.98mg (116.58%), Vitamin E: 15.9mg (105.98%), Fiber: 23.14g (92.54%), Potassium: 2959.42mg (84.55%), Zinc: 11.48mg (76.56%), Magnesium: 262.95mg (65.74%), Vitamin B6: 1.24mg (62.03%), Copper: 1.21mg (60.31%), Vitamin B12: 2.45µg (40.87%), Vitamin B5: 3.46mg (34.58%), Vitamin D: 1.17µg (7.8%)