



Cherry Tomato-Cucumber Salad Tartlets

READY IN



15 min.

SERVINGS



15

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup cherry tomato-cucumber salad
- ☐ 0.3 cup feta cheese crumbled
- ☐ 15 servings garnish: feta cheese crumbled
- ☐ 9 oz mini-phylo pastry shells frozen

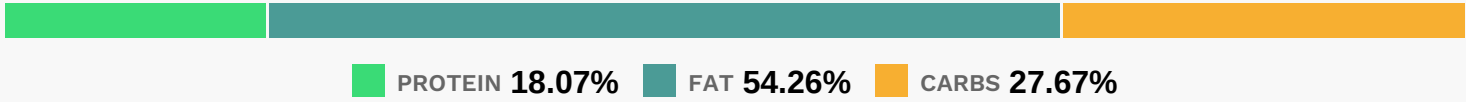
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Finely chop 1/2 cup Cherry Tomato–Cucumber Salad.
- ☐ Divide feta cheese among pastry shells.
- ☐ Place on a baking sheet.
- ☐ Bake shells at 350 for 10 minutes or until feta is melted. Spoon 1 heaping teaspoonful finely chopped salad mixture into each pastry shell.
- ☐ Garnish, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:3.6, Glycemic Load:0.35, Inflammation Score:-1, Nutrition Score:4.2878260981777%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 148.25kcal (7.41%), Fat: 9.53g (14.67%), Saturated Fat: 4.43g (27.71%), Carbohydrates: 10.94g (3.65%), Net Carbohydrates: 10.91g (3.97%), Sugar: 0.12g (0.14%), Cholesterol: 29.67mg (9.89%), Sodium: 415.93mg (18.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.14g (14.29%), Vitamin B2: 0.28mg (16.61%), Calcium: 164.88mg (16.49%), Phosphorus: 113.72mg (11.37%), Vitamin B12: 0.56µg (9.39%), Vitamin B6: 0.15mg (7.26%), Selenium: 5.02µg (7.18%), Zinc: 0.97mg (6.45%), Vitamin B1: 0.05mg (3.54%), Vitamin A: 164.95IU (3.3%), Vitamin B5: 0.33mg (3.29%), Folate: 11.31µg (2.83%), Vitamin B3: 0.36mg (1.78%), Magnesium: 6.78mg (1.7%), Iron: 0.25mg (1.39%), Vitamin C: 1.13mg (1.37%)