



Chicken, Arugula and Hummus Tarts

 Popular

READY IN



45 min.

SERVINGS



6

CALORIES



679 kcal

Ingredients

- ☐ 1 cup arugula leaves
- ☐ 1 cup sabra hummus
- ☐ 1 package puff pastry thawed
- ☐ 1 cup roasted peppers red sliced
- ☐ 2 cups meat from a rotisserie chicken shredded cooked
- ☐ 2 cups mozzarella cheese shredded

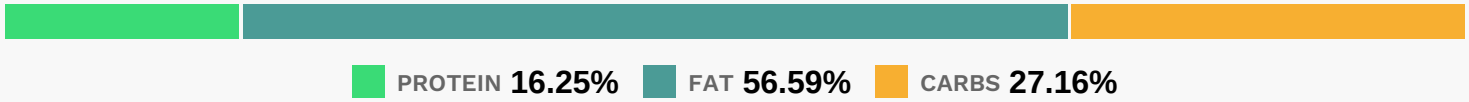
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F. and line 2 large baking sheets with parchment or a silpat liner.Unfold puff pastry and slice each sheet into thirds.
- ☐ Place each piece onto baking sheets, spacing about 1 or 2 inches apart.On each puff pastry piece, spread a thin layer of hummus, top evenly with shredded chicken pieces, arugula leaves, roasted red peppers and mozzarella cheese.
- ☐ Bake for 25–35 minutes or until cheese is melted and pastry is puffed and golden.
- ☐ Remove from oven, let cool for 5 minutes then serve warm.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:22.29, Inflammation Score:-6, Nutrition Score:19.406956610472%

Flavonoids

Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 678.72kcal (33.94%), Fat: 42.76g (65.78%), Saturated Fat: 13.66g (85.4%), Carbohydrates: 46.18g (15.39%), Net Carbohydrates: 44.15g (16.05%), Sugar: 1.28g (1.43%), Cholesterol: 64.49mg (21.5%), Sodium: 796.62mg (34.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.62g (55.25%), Selenium: 40.89µg (58.41%), Manganese: 0.84mg (42.23%), Vitamin B3: 7.42mg (37.09%), Phosphorus: 311.84mg (31.18%), Vitamin B1: 0.42mg (27.85%), Vitamin B6: 0.55mg (27.37%), Vitamin B2: 0.44mg (25.89%), Calcium: 258.23mg (25.82%), Vitamin C: 18.42mg (22.33%), Iron: 3.44mg (19.11%), Folate: 76.29µg (19.07%), Vitamin K: 18.03µg (17.17%), Zinc: 2.55mg (17.02%), Vitamin B12: 0.99µg (16.44%), Copper: 0.22mg (11.22%), Magnesium: 40.13mg (10.03%), Vitamin A: 474.8IU (9.5%), Potassium: 322.32mg (9.21%), Fiber: 2.03g (8.14%), Vitamin B5: 0.66mg (6.65%), Vitamin E: 0.54mg (3.63%)