



## Cornbread Tartlets with Tomato-Lima Bean Relish

 Vegetarian

READY IN



140 min.

SERVINGS



1

CALORIES



2274 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.5 cup butter softened
- ☐ 4 ounces cream cheese softened
- ☐ 1.3 cups flour all-purpose
- ☐ 1 serving goat cheese crumbled
- ☐ 0.3 teaspoon salt
- ☐ 1 serving lima beans \*soaked overnight
- ☐ 0.5 cup cornmeal plain white

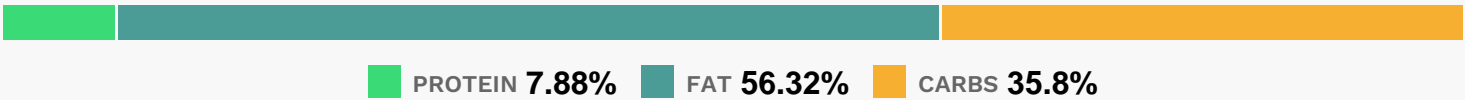
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ stand mixer

## Directions

- ☐ Beat butter and cream cheese at medium speed with a heavy-duty electric stand mixer until creamy.
- ☐ Combine flour and next 2 ingredients in a small bowl. Gradually add flour mixture to butter mixture, beating at low speed just until blended. Shape dough into 24 balls, and place dough balls on a baking sheet; cover and chill 1 hour.
- ☐ Preheat oven to 40
- ☐ Place 1 dough ball into each of 24 greased assorted-shape tartlet tins; press dough into tins and all the way up sides, forming shells.
- ☐ Bake at 400 for 15 to 17 minutes or until edges are golden. Carefully remove pastry shells from tins to wire racks, and cool completely (about 15 minutes).
- ☐ Let stand at room temperature up to 4 hours before filling, if desired.
- ☐ Spoon 1 rounded tablespoonful Tomato-Lima Bean Relish into each pastry shell.

## Nutrition Facts



## Properties

Glycemic Index:183.5, Glycemic Load:91.75, Inflammation Score:-10, Nutrition Score:50.412173595117%

## Nutrients (% of daily need)

Calories: 2273.95kcal (113.7%), Fat: 143.25g (220.38%), Saturated Fat: 86.61g (541.34%), Carbohydrates: 204.85g (68.28%), Net Carbohydrates: 186.34g (67.76%), Sugar: 8.68g (9.64%), Cholesterol: 372.36mg (124.12%), Sodium: 1785.67mg (77.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.08g (90.16%), Vitamin B1: 1.66mg (110.95%), Manganese: 2.07mg (103.35%), Folate: 399.97µg (99.99%), Selenium: 68.57µg (97.95%), Vitamin A:

4669.2IU (93.38%), Vitamin B2: 1.34mg (78.91%), Fiber: 18.51g (74.03%), Iron: 13.04mg (72.45%), Phosphorus: 712.19mg (71.22%), Vitamin B3: 12.09mg (60.46%), Magnesium: 188.02mg (47.01%), Copper: 0.84mg (42.08%), Vitamin B6: 0.81mg (40.63%), Vitamin B5: 4mg (40.02%), Zinc: 5.43mg (36.22%), Potassium: 1141.1mg (32.6%), Vitamin E: 4.21mg (28.03%), Calcium: 226.4mg (22.64%), Vitamin K: 13.37µg (12.74%), Vitamin B12: 0.5µg (8.32%)