



Creamy Mushroom Tartlets

READY IN



27 min.

SERVINGS



27

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp butter
- 0.5 cup philadelphia chive & onion cream cheese spread ()
- 8 oz mushrooms fresh finely chopped
- 2 tsp parsley fresh finely chopped
- 0.3 cup parmesan cheese grated kraft
- 8 oz crescent dinner rolls refrigerated canned

Equipment

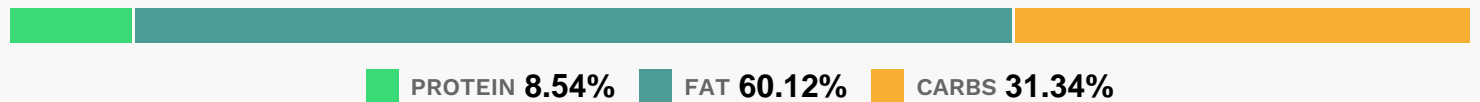
- frying pan

- oven
- muffin liners

Directions

- Heat oven to 350F.
- Melt butter in large nonstick skillet on medium heat.
- Add mushrooms; cook 5 min. or until tender, stirring frequently.
- Add cream cheese spread and Parmesan; cook and stir 1 min. or until cream cheese is melted.
- Remove from heat; set aside.
- Unroll dough into 2 long rectangles; firmly press perforations and seams together to seal.
- Cut each rectangle into 12 squares.
- Place 1 square in each of 24 mini muffin cups with corners of squares extending over rims of cups. Firmly press dough onto bottom and up side of each cup. Spoon about 1-1/2 tsp. mushroom mixture into each cup.
- Bake 10 to 12 min. or until golden brown.
- Sprinkle with parsley. Cool in pan 5 min. before serving.

Nutrition Facts



Properties

Glycemic Index:2.37, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:0.75043479126433%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg

Nutrients (% of daily need)

Calories: 49.3kcal (2.47%), Fat: 3.42g (5.26%), Saturated Fat: 1.58g (9.85%), Carbohydrates: 4.01g (1.34%), Net Carbohydrates: 3.93g (1.43%), Sugar: 1.14g (1.26%), Cholesterol: 3.41mg (1.14%), Sodium: 106.96mg (4.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.19%), Vitamin B2: 0.04mg (2.19%), Selenium: 1.11µg (1.58%), Vitamin B3: 0.3mg (1.52%), Calcium: 13.65mg (1.36%), Copper: 0.03mg (1.35%), Vitamin A: 67.12IU (1.34%), Phosphorus: 13.22mg (1.32%), Vitamin B5: 0.13mg (1.29%)