



Feta and Chive Chicken Asparagus Puff Tarts

 Popular

READY IN



45 min.

SERVINGS



16

CALORIES



276 kcal

Ingredients

- ☐ 0.5 pound asparagus tips cooked (see notes in recipe)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 tablespoons chive finely chopped
- ☐ 8 ounces cream cheese softened
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 package pepperidge farm puff sheets
- ☐ 2 cups rotisserie chicken cut shredded cooked

Equipment

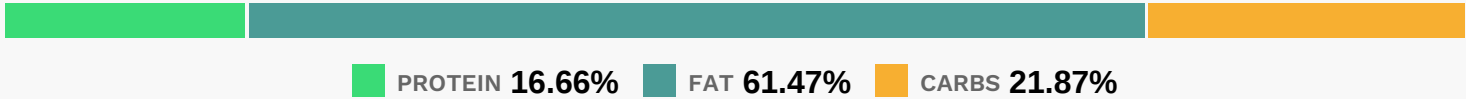
- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ cookie cutter

Directions

- ☐ Preheat oven to 400 degrees F. and lightly spray a large baking sheet with cooking spray.Unroll puff pastry dough and place on top of parchment paper on a countertop. Using any cookie cutter shaper you'd like (about 3 inches) cut out 12–16 pieces. In batches, place cut out pieces of dough onto prepared baking sheet.
- ☐ Bake for 15–18 minutes or until puffed and golden brown.
- ☐ Let cool to room temperature
- ☐ In a medium bowl, stir together the cream cheese, feta, chives, salt and pepper until well combined.
- ☐ Spread a tablespoon of cheese mixture over puff pastry pieces and top with pieces of chicken and asparagus.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:7.78, Inflammation Score:-3, Nutrition Score:4.6039129443791%

Flavonoids

Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 275.85kcal (13.79%), Fat: 18.98g (29.2%), Saturated Fat: 6.47g (40.41%), Carbohydrates: 15.19g (5.06%), Net Carbohydrates: 14.41g (5.24%), Sugar: 1.04g (1.16%), Cholesterol: 42.71mg (14.24%), Sodium: 260.03mg (11.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.57g (23.15%), Selenium: 8.96µg (12.8%), Vitamin K: 12.37µg (11.79%), Vitamin B1: 0.15mg (9.73%), Manganese: 0.18mg (8.98%), Folate: 33.13µg (8.28%), Vitamin B2: 0.14mg

(8.23%), Vitamin B3: 1.43mg (7.16%), Vitamin A: 322.49IU (6.45%), Iron: 1.12mg (6.2%), Phosphorus: 41.29mg (4.13%), Copper: 0.07mg (3.28%), Fiber: 0.78g (3.12%), Vitamin E: 0.45mg (2.99%), Magnesium: 8.45mg (2.11%), Zinc: 0.31mg (2.09%), Calcium: 20.89mg (2.09%), Potassium: 68.11mg (1.95%), Vitamin B6: 0.03mg (1.41%), Vitamin C: 1.12mg (1.36%), Vitamin B5: 0.12mg (1.22%)