



Fig and Blue Cheese Appetizer Tarts

READY IN



60 min.

SERVINGS



16

CALORIES



142 kcal

Ingredients

- 2 tablespoons balsamic vinegar
- 3 oz cheese blue crumbled
- 12 oz regular crescent rolls pillsbury® canned
- 1 cup figs dried coarsely chopped
- 0.3 cup orange marmalade sweet
- 0.5 cup pecans chopped fisher® naturals®

Equipment

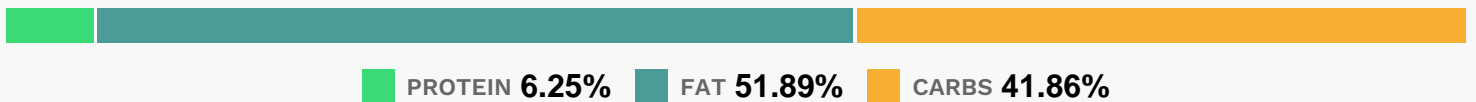
- bowl
- baking sheet

- sauce pan
- oven
- wire rack

Directions

- Heat oven to 350°F. In small bowl, mix cream cheese and blue cheese with fork until well blended; set aside.
- In 1-quart saucepan, stir marmalade and vinegar over low heat until mixed; stir in figs. Cook over low heat 5 to 7 minutes, stirring occasionally, until figs are softened.
- Remove from heat.
- Remove crescent dough from package, but do not unroll.
- Cut roll of dough into 16 slices. On 2 ungreased cookie sheets, place slices 2 inches apart. Press center of each slice to make indentation, 1 1/2 inches in diameter.
- Place 1 heaping teaspoon cheese mixture into each well. Top cheese with about 1 tablespoon fig mixture and 1 1/2 teaspoon pecans.
- Bake 15 to 19 minutes or golden brown.
- Remove from cookie sheets to cooling rack; cool 10 minutes.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:1.69, Inflammation Score:-1, Nutrition Score:1.9956521676934%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 141.72kcal (7.09%), Fat: 8.59g (13.22%), Saturated Fat: 3.13g (19.54%), Carbohydrates: 15.6g (5.2%), Net Carbohydrates: 14.81g (5.38%), Sugar: 8g (8.89%), Cholesterol: 3.99mg (1.33%), Sodium: 231.44mg (10.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.66%), Manganese: 0.18mg (8.82%), Calcium: 38.07mg (3.81%), Phosphorus: 32.66mg (3.27%), Fiber: 0.79g (3.16%), Copper: 0.06mg (2.92%), Iron: 0.45mg (2.48%), Vitamin B1: 0.03mg (2.21%), Zinc: 0.32mg (2.14%), Magnesium: 8.2mg (2.05%), Vitamin B2: 0.03mg (1.96%), Potassium: 65.97mg (1.88%), Vitamin B6: 0.03mg (1.68%), Vitamin B5: 0.17mg (1.66%), Selenium: 0.96µg (1.37%), Vitamin A: 66.56IU (1.33%), Vitamin B12: 0.06µg (1.08%)