



## Figs, Cheese and Dulce de Leche Tarts (Pasteles de Brevas, Queso y Arequipe)

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



447 kcal

DESSERT

### Ingredients

- ☐ 1 cup colombian cheese) fresh
- ☐ 1 cup cream cheese at room temperature
- ☐ 1 cup dulce de leche
- ☐ 1 eggs beaten
- ☐ 3 figs brevas or colombian style cut in half
- ☐ 1 sheet puff pastry frozen cut into 6 pieces

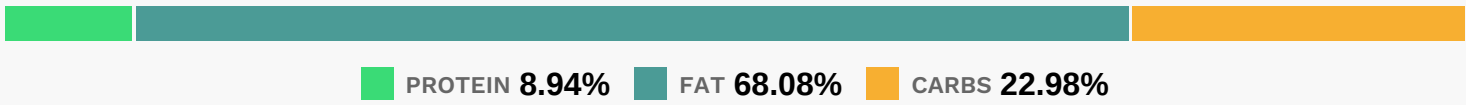
### Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

## Directions

- ☐ Preheat the oven to 400 F.Line a baking sheet with parchment paper.
- ☐ Place the puff pastry pieces on the baking sheet.
- ☐ Mix the cream cheese and queso fresco in a small bowl.
- ☐ Spread the cream cheese mixture on top of the pastry, leaving about 1 inch border.
- ☐ Add arequipe on top of the cheese and place half fig on top of the arequipe.
- ☐ Brush the edge of the tart with the egg.
- ☐ Bake for about 20 to 25 minutes or until the pastry is golden brown.

## Nutrition Facts



## Properties

Glycemic Index:31, Glycemic Load:13.02, Inflammation Score:-5, Nutrition Score:8.9869565497274%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

## Nutrients (% of daily need)

Calories: 447.19kcal (22.36%), Fat: 34.18g (52.59%), Saturated Fat: 14.45g (90.3%), Carbohydrates: 25.96g (8.65%), Net Carbohydrates: 24.63g (8.95%), Sugar: 6.3g (7%), Cholesterol: 79.52mg (26.51%), Sodium: 383.84mg (16.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.1g (20.2%), Selenium: 19.36µg (27.66%), Calcium: 168.73mg (16.87%), Vitamin B2: 0.28mg (16.69%), Phosphorus: 161.29mg (16.13%), Vitamin A: 747.5IU (14.95%), Vitamin B1: 0.2mg (13.18%), Manganese: 0.24mg (12.02%), Folate: 41.63µg (10.41%), Vitamin B3: 1.85mg (9.24%), Vitamin K: 8.77µg (8.35%), Vitamin B12: 0.49µg (8.17%), Iron: 1.35mg (7.49%), Zinc: 1.06mg (7.08%), Fiber: 1.34g (5.35%), Magnesium: 19.95mg (4.99%), Vitamin E: 0.73mg (4.84%), Potassium: 169.2mg (4.83%), Vitamin B5: 0.48mg (4.76%), Vitamin D: 0.7µg (4.64%), Vitamin B6: 0.09mg (4.3%), Copper: 0.08mg (4.14%)