



WHATSheATE



Goat Cheese-and-Olive Mini Tarts

READY IN



10 min.

SERVINGS



10

CALORIES



38 kcal

Ingredients

- ☐ 1 teaspoon thyme leaves fresh
- ☐ 5 tablespoons goat cheese softened
- ☐ 1.9 oz mini-phyllo pastry shells frozen
- ☐ 2.5 tablespoons olive tapenade
- ☐ 10 servings pepper freshly ground to taste

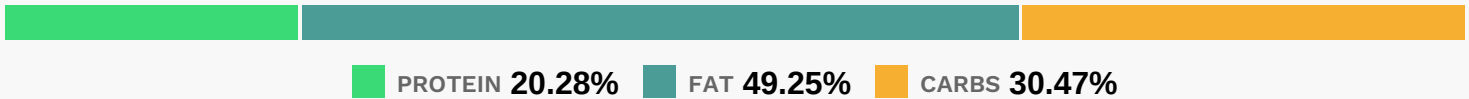
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Place 1 tsp. softened goat cheese into each of 15 frozen mini-phylo pastry shells. Top each with 1/2 tsp. olive tapenade.
- ☐ Place on a baking sheet, and bake 6 minutes.
- ☐ Sprinkle with fresh thyme leaves and freshly ground pepper to taste.

Nutrition Facts



Properties

Glycemic Index:7.7, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:0.69000000312277%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg

Nutrients (% of daily need)

Calories: 37.62kcal (1.88%), Fat: 2.23g (3.43%), Saturated Fat: 1.02g (6.39%), Carbohydrates: 3.11g (1.04%), Net Carbohydrates: 3.05g (1.11%), Sugar: 0.06g (0.07%), Cholesterol: 3.22mg (1.07%), Sodium: 37mg (1.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.13%), Copper: 0.05mg (2.68%), Phosphorus: 18.29mg (1.83%), Vitamin A: 82.36IU (1.65%), Vitamin B2: 0.03mg (1.63%), Manganese: 0.02mg (1.16%), Calcium: 11.05mg (1.11%)