



Goat Cheese Tarts with Lemon-Fig Compote

READY IN



45 min.

SERVINGS



15

CALORIES



103 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 4 ounces cream cheese fat-free softened
- ☐ 1 large egg white
- ☐ 2 cups mission figs dried black finely chopped
- ☐ 1 tablespoon flour all-purpose
- ☐ 4 ounce goat cheese
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon lemon rind grated
- ☐ 1 tablespoon milk 1% low-fat

- ☐ 0.5 cup marsala wine
- ☐ 4.2 ounce phyllo shells mini (such as Athens)
- ☐ 2 tablespoons powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 1 cup water

Equipment

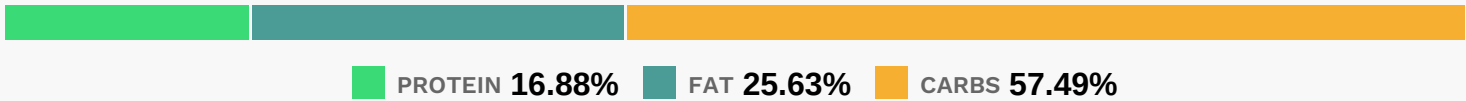
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ blender

Directions

- ☐ To prepare compote, combine first 7 ingredients in a medium saucepan. Bring to a boil. Cover, reduce heat, and simmer 20 minutes, stirring occasionally. Simmer, uncovered, until mixture reduces to about 1 cup (about 30 minutes).
- ☐ Remove from heat; cool.
- ☐ Place fig mixture in a food processor; pulse 5 times or until finely chopped.
- ☐ Place in a small bowl; cover and chill.
- ☐ To prepare tarts, preheat oven to 35
- ☐ Arrange phyllo shells in a single layer on a jelly-roll pan.
- ☐ Combine cheeses in a medium bowl; beat with a mixer at medium speed until smooth.
- ☐ Add egg white; beat well.
- ☐ Add milk; beat well.
- ☐ Combine sugar, flour, and salt; add to cheese mixture, beating well.
- ☐ Spoon about 1 1/2 teaspoons cheese mixture into each phyllo shell.

Bake at 350 for 15 minutes or until lightly browned. Cool on a wire rack. Top each tart with about 1 1/2 teaspoons compote.

Nutrition Facts



Properties

Glycemic Index:9.07, Glycemic Load:3.41, Inflammation Score:-2, Nutrition Score:2.5043478219405%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Petunidin: 0.53mg, Petunidin: 0.53mg, Petunidin: 0.53mg, Petunidin: 0.53mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 7.59mg, Malvidin: 7.59mg, Malvidin: 7.59mg, Malvidin: 7.59mg Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 102.57kcal (5.13%), Fat: 2.89g (4.44%), Saturated Fat: 1.18g (7.35%), Carbohydrates: 14.57g (4.86%), Net Carbohydrates: 13.6g (4.95%), Sugar: 8.17g (9.08%), Cholesterol: 4.43mg (1.48%), Sodium: 122.94mg (5.35%), Alcohol: 1.22g (100%), Alcohol %: 1.82% (100%), Protein: 4.28g (8.56%), Phosphorus: 66.09mg (6.61%), Calcium: 52.04mg (5.2%), Vitamin B2: 0.08mg (4.72%), Copper: 0.09mg (4.42%), Fiber: 0.97g (3.89%), Potassium: 112mg (3.2%), Manganese: 0.06mg (3.16%), Vitamin B6: 0.06mg (3.04%), Vitamin A: 129.11IU (2.58%), Magnesium: 9.78mg (2.44%), Vitamin B5: 0.23mg (2.26%), Vitamin B1: 0.03mg (2.25%), Selenium: 1.34µg (1.91%), Vitamin C: 1.53mg (1.86%), Iron: 0.33mg (1.83%), Folate: 6.73µg (1.68%), Zinc: 0.25mg (1.65%), Vitamin B12: 0.09µg (1.57%), Vitamin K: 1.64µg (1.56%), Vitamin B3: 0.23mg (1.15%)