



Goat's cheese & cranberry tartlets



Vegetarian



Popular

READY IN



60 min.

SERVINGS



20

CALORIES



279 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 375 g puff pastry thick
- ☐ 1 eggs beaten
- ☐ 3 tbsp cranberries
- ☐ 360 g goat cheese at room temperature (such as Soignon Petit Sainte-Maure)
- ☐ 1 tbsp thyme sprigs fresh
- ☐ 20 servings olive oil extra virgin extra-virgin for drizzling
- ☐ 1 leaves arugula

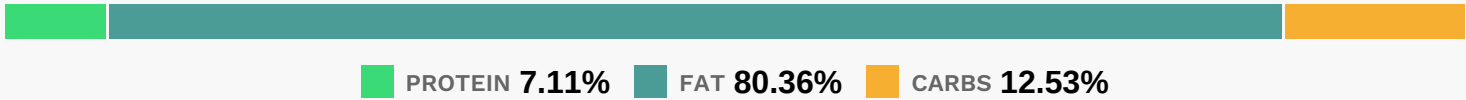
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ pastry cutter

Directions

- ☐ Preheat oven to fan 200C/conventional 220C/gas
- ☐ Lay pastry on a floured work surface. Using a round 7.5cm round pastry cutter, cut out as many circles as possible.
- ☐ Sit them on oiled baking sheets and score a circle about 2.5cm in from the edge of each disc by pressing gently with a 5cm cutter. Pierce the middle of each with a fork, brush with egg and top with a little cranberry sauce or chutney.
- ☐ Slice the cheese 5mm thick so you have a slice per disc (discard end rinds).
- ☐ Lay a slice on each tartlet, then top with thyme leaves, a drizzle of oil and a twist of black pepper.
- ☐ Bake for 10–15 minutes until the cheese is golden and the pastry crispy. Cool for 5 minutes and serve warm, garnished with rocket leaves.

Nutrition Facts



Properties

Glycemic Index:8.9, Glycemic Load:4.68, Inflammation Score:-5, Nutrition Score:4.4908696076144%

Flavonoids

Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.09mg, Peonidin: 1.09mg, Peonidin: 1.09mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 279.12kcal (13.96%), Fat: 25.16g (38.7%), Saturated Fat: 6.43g (40.21%), Carbohydrates: 8.83g (2.94%), Net Carbohydrates: 8.41g (3.06%), Sugar: 0.4g (0.45%), Cholesterol: 16.46mg (5.49%), Sodium: 116.42mg (5.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.02%), Vitamin E: 2.2mg (14.68%), Vitamin K: 11.94µg (11.37%), Selenium: 5.72µg (8.17%), Copper: 0.16mg (7.9%), Vitamin B2: 0.13mg (7.86%), Phosphorus: 62.33mg (6.23%), Manganese: 0.12mg (6.21%), Vitamin B1: 0.09mg (5.9%), Iron: 1.01mg (5.59%), Folate: 18.05µg (4.51%), Vitamin B3: 0.87mg (4.35%), Vitamin A: 217.15IU (4.34%), Calcium: 30.12mg (3.01%), Vitamin B6: 0.06mg (2.76%), Zinc: 0.3mg (2.01%), Magnesium: 6.86mg (1.72%), Vitamin B5: 0.16mg (1.64%), Fiber: 0.41g (1.64%), Vitamin C: 0.88mg (1.06%)