



Goat's cheese & rosemary tarts

 Vegetarian

READY IN



35 min.

SERVINGS



8

CALORIES



308 kcal

Ingredients

- ☐ 375 g puff pastry
- ☐ 150 g goat cheese
- ☐ 8 servings rosemary

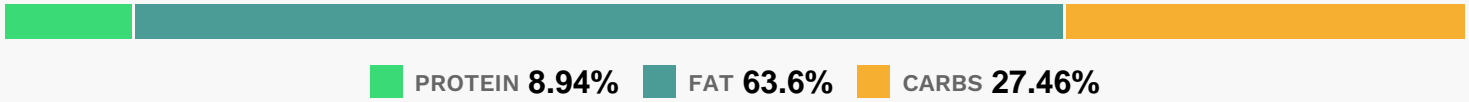
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Cut out 8 x 8cm circles from the ready-rolled puff pastry. Arrange on a baking sheet and prick the middles a few times with a fork. Cook for 10 mins, then remove from oven.
- ☐ Cut the goats cheese into 8 slices. Press 1 slice into each pastry round, then top with rosemary sprigs. Season, then cook for 10–15 mins more, until the cheese is melted and the pastry is puffed up and crisp.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:11.46, Inflammation Score:-3, Nutrition Score:5.7460870124076%

Nutrients (% of daily need)

Calories: 308.11kcal (15.41%), Fat: 21.83g (33.58%), Saturated Fat: 7.26g (45.38%), Carbohydrates: 21.2g (7.07%), Net Carbohydrates: 20.46g (7.44%), Sugar: 0.51g (0.57%), Cholesterol: 8.63mg (2.88%), Sodium: 185.77mg (8.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.9g (13.8%), Selenium: 11.87µg (16.96%), Vitamin B1: 0.2mg (13.35%), Manganese: 0.25mg (12.47%), Vitamin B2: 0.2mg (12.02%), Vitamin B3: 2.04mg (10.18%), Folate: 39.12µg (9.78%), Copper: 0.19mg (9.56%), Iron: 1.59mg (8.81%), Phosphorus: 76.19mg (7.62%), Vitamin K: 7.88µg (7.51%), Vitamin A: 197.28IU (3.95%), Calcium: 32.22mg (3.22%), Fiber: 0.75g (2.98%), Vitamin B6: 0.06mg (2.92%), Zinc: 0.42mg (2.83%), Magnesium: 10.72mg (2.68%), Vitamin E: 0.29mg (1.91%), Vitamin B5: 0.13mg (1.27%)