



Golden Fig and Mascarpone Tart

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



134 kcal

Ingredients

- ☐ 1 eggs
- ☐ 1 teaspoon fig syrup black
- ☐ 4 figs fresh white
- ☐ 12 servings ground pepper black
- ☐ 0.3 cup heavy cream
- ☐ 12 servings kosher salt
- ☐ 0.5 cup mascarpone cheese
- ☐ 12 servings phyllo dough

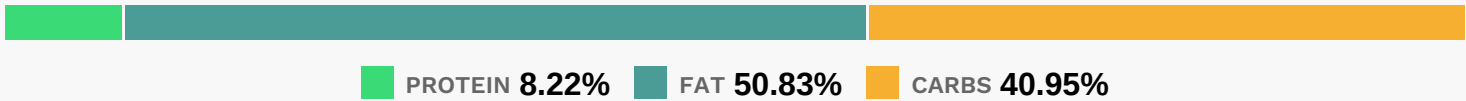
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ muffin tray

Directions

- ☐ Preheat oven to 325 degrees F.
- ☐ Cut Feuille de' Bric sheets into 2 1/2-inch squares, spray with pan spray and crisscross in muffin tins.
- ☐ Bake until golden brown, let cool and remove from pan.
- ☐ In a medium bowl mix figs removed from the syrup with mascarpone cheese, heavy cream, and 1 large egg.
- ☐ Mix on slow speed until figs are well broken. Season with salt and pepper, to taste. Fill tart shell 3/4 of the way and bake for 20 minutes or until filling is firm.
- ☐ Garnish with black fig syrup and serve warm.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:5.37, Inflammation Score:-2, Nutrition Score:3.0347825988479%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 133.99kcal (6.7%), Fat: 7.55g (11.62%), Saturated Fat: 4.17g (26.07%), Carbohydrates: 13.69g (4.56%), Net Carbohydrates: 12.81g (4.66%), Sugar: 2.98g (3.31%), Cholesterol: 28.62mg (9.54%), Sodium: 297.45mg (12.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.49%), Selenium: 5.74µg (8.2%), Vitamin B1: 0.12mg (7.71%), Manganese: 0.13mg (6.33%), Vitamin B2: 0.1mg (5.86%), Vitamin A: 248.73IU (4.97%), Folate: 19.68µg (4.92%), Vitamin B3: 0.85mg (4.25%), Iron: 0.75mg (4.19%), Fiber: 0.88g (3.53%), Calcium: 27.08mg (2.71%), Phosphorus: 26.93mg (2.69%), Potassium: 64.82mg (1.85%), Copper: 0.04mg (1.79%), Vitamin B5: 0.18mg (1.79%),

Magnesium: 6.72mg (1.68%), Vitamin B6: 0.03mg (1.66%), Vitamin K: 1.61µg (1.53%), Zinc: 0.18mg (1.2%), Vitamin D: 0.15µg (1.02%)