

 food
network

Gruyere and Mushroom Tarts

READY IN



40 min.

SERVINGS



24

CALORIES



1430 kcal

Ingredients

- 0.3 cup button mushrooms stemmed sliced
- 3 tablespoons freshly chives chopped
- 1.5 cups cup heavy whipping cream
- 0.3 cup cremini mushrooms stemmed sliced
- 3 eggs
- 1 tablespoon garlic minced
- 24 servings salt and coarsely ground pepper black
- 0.5 cup gruyere cheese finely grated
- 2 tablespoons olive oil
- 0.3 cup oyster mushrooms stemmed sliced

- 1 Dash sherry vinegar
- 0.3 cup mushroom caps stemmed sliced
- 24 prebaked tart shells mini

Equipment

- food processor
- bowl
- frying pan
- oven
- whisk
- muffin tray

Directions

- Preheat oven to 325 degrees F.
- In a large saute pan over medium-high heat, add the oil.
- Add the garlic and saute for a few seconds.
- Add the mushrooms, a pinch of salt and pepper, chives, and sherry vinegar. Cook until softened and slightly crisp, about 3 minutes.
- Remove the mushroom mixture from the pan and add to a food processor. Pulse a few times to chop finely chop the mushrooms and reserve.
- In a large bowl, add eggs, cream, and salt and pepper, to taste. Beat well with a whisk until evenly incorporated.
- Line the muffin tins with the tart shells and divide the mushroom mixture among the shells. Cover with the egg custard and top with the cheese.
- Bake until the custard sets, about 22 minutes.
- Remove from the oven to a serving tray and serve.

Nutrition Facts

PROTEIN 8.27% **FAT 56.92%** **CARBS 34.81%**

Properties

Glycemic Index:7.13, Glycemic Load:0.09, Inflammation Score:1, Nutrition Score:8.7260870052421%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 1429.54kcal (71.48%), Fat: 88.83g (136.66%), Saturated Fat: 37.98g (237.39%), Carbohydrates: 122.24g (40.75%), Net Carbohydrates: 108.63g (39.5%), Sugar: 14.05g (15.61%), Cholesterol: 108.21mg (36.07%), Sodium: 841.42mg (36.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.05g (58.1%), Iron: 26.66mg (148.12%), Fiber: 13.61g (54.43%), Vitamin A: 291.76IU (5.84%), Vitamin B2: 0.08mg (4.57%), Selenium: 3.03µg (4.34%), Phosphorus: 42.52mg (4.25%), Calcium: 42.32mg (4.23%), Vitamin D: 0.38µg (2.55%), Vitamin E: 0.37mg (2.48%), Vitamin B5: 0.22mg (2.15%), Vitamin K: 2.24µg (2.13%), Vitamin B12: 0.12µg (1.97%), Zinc: 0.27mg (1.77%), Vitamin B6: 0.03mg (1.57%), Manganese: 0.03mg (1.49%), Potassium: 45.21mg (1.29%), Folate: 4.88µg (1.22%), Vitamin B3: 0.22mg (1.11%), Copper: 0.02mg (1.09%)