



## Ham-and-Cheese Tartlets

READY IN



45 min.

SERVINGS



18

CALORIES



394 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 cups ham diced cooked
- 3 large eggs
- 3 tablespoons flour all-purpose
- 30 ounce pastry shells frozen
- 9 ounces cheddar cheese shredded
- 1 cup whipping cream

### Equipment

- baking sheet

oven

whisk

## Directions

Place pastry shells on a baking sheet.

Bake at 325 for 5 minutes or until lightly browned. Stir together cheese and flour.

Whisk together eggs and whipping cream; stir in cheese mixture and diced ham. Cover and chill 8 hours, if desired. Spoon mixture evenly into prepared pastry shells.

Place on a baking sheet.

Bake at 325 for 25 minutes.

Note: You can make ahead and freeze baked tartlets. Thaw, and bake tartlets again at 325 for 10 minutes or until thoroughly heated.

## Nutrition Facts

 **PROTEIN 10.22%** **FAT 66.42%** **CARBS 23.36%**

## Properties

Glycemic Index:8.78, Glycemic Load:12.32, Inflammation Score:-4, Nutrition Score:8.41652173581333%

## Nutrients (% of daily need)

Calories: 393.63kcal (19.68%), Fat: 29.12g (44.8%), Saturated Fat: 10.74g (67.14%), Carbohydrates: 23.04g (7.68%), Net Carbohydrates: 22.3g (8.11%), Sugar: 0.82g (0.91%), Cholesterol: 66.99mg (22.33%), Sodium: 334.54mg (14.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.08g (20.16%), Selenium: 20.69µg (29.56%), Vitamin B1: 0.26mg (17.19%), Vitamin B2: 0.29mg (16.93%), Phosphorus: 146.29mg (14.63%), Manganese: 0.25mg (12.37%), Vitamin B3: 2.4mg (12%), Calcium: 119.09mg (11.91%), Folate: 46.85µg (11.71%), Iron: 1.53mg (8.5%), Vitamin K: 8.4µg (8%), Vitamin A: 381.87IU (7.64%), Zinc: 1.13mg (7.52%), Vitamin B12: 0.38µg (6.31%), Copper: 0.08mg (3.93%), Magnesium: 15.57mg (3.89%), Vitamin E: 0.57mg (3.81%), Vitamin B6: 0.06mg (3.16%), Vitamin D: 0.46µg (3.09%), Vitamin B5: 0.31mg (3.08%), Fiber: 0.74g (2.97%), Vitamin C: 2.27mg (2.76%), Potassium: 91.6mg (2.62%)