



Little deli tartlets



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



520 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



375 g pack ready-rolled puff pastry



4 servings sun-dried tomato paste



1 oz selection of toppings such as cherry tomatoes fresh red roughly chopped thin

Equipment



baking sheet

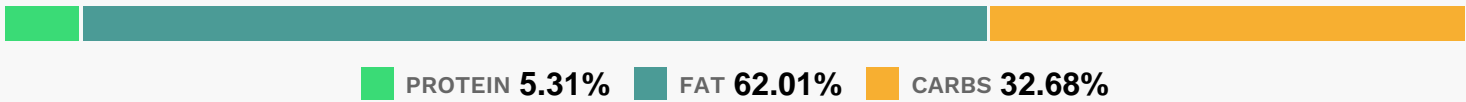


oven

Directions

- ☐ Cut the pastry into simple shapes using pastry or biscuit cutters.
- ☐ Place on a baking sheet lined with baking parchment and lightly score around each shape to leave a 1cm border.
- ☐ Spread a little sundried tomato paste in the middle of each pastry shape up to the scored edge.
- ☐ Cut the toppings into small pieces where necessary. Arrange them on the tomatoey pastry. Cover and chill for up to 3 hrs.
- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Bake for 10–15 mins until the pastry is golden.
- ☐ Transfer to a serving platter and scatter generously with chopped fresh herbs. Eat while still hot.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:22.89, Inflammation Score:-3, Nutrition Score:8.6586956239265%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 520.3kcal (26.01%), Fat: 35.89g (55.22%), Saturated Fat: 9.04g (56.51%), Carbohydrates: 42.57g (14.19%), Net Carbohydrates: 41.11g (14.95%), Sugar: 0.87g (0.97%), Cholesterol: 0mg (0%), Sodium: 253.07mg (11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.91g (13.82%), Selenium: 22.72µg (32.46%), Vitamin B1: 0.38mg (25.05%), Manganese: 0.46mg (23.25%), Vitamin B3: 3.95mg (19.73%), Folate: 74.05µg (18.51%), Vitamin B2: 0.27mg (15.7%), Vitamin K: 15.29µg (14.56%), Iron: 2.51mg (13.93%), Phosphorus: 58.23mg (5.82%), Fiber: 1.46g (5.82%), Copper: 0.11mg (5.61%), Magnesium: 15.64mg (3.91%), Vitamin E: 0.55mg (3.64%), Zinc: 0.51mg (3.38%), Potassium: 72.64mg (2.08%), Vitamin C: 1.62mg (1.96%), Vitamin A: 68.59IU (1.37%), Vitamin B6: 0.03mg (1.26%), Calcium: 10.15mg (1.02%)