



Little Mushroom Tarts

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



106 kcal

Ingredients

- ☐ 3 tablespoons butter chilled cut into chunks
- ☐ 1 large eggs beaten to blend
- ☐ 1 cup flour all-purpose
- ☐ 4 ounces mushroom caps fresh
- ☐ 2 cloves garlic minced peeled
- ☐ 12 servings fresh-ground pepper
- ☐ 8 ounces common mushrooms fresh
- ☐ 2 tablespoons olive oil
- ☐ 8 oz onion minced peeled

- ☐ 1 tablespoon parsley italian minced
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sherry vinegar

Equipment

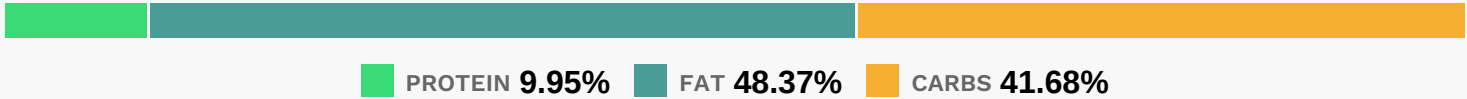
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ cookie cutter
- ☐ rolling pin

Directions

- ☐ Rinse shiitake and common mushrooms. Trim and discard shiitake stems; coarsely chop both kinds of mushrooms (keep separate). In a 10-inch frying pan over medium-high heat, melt 1 tablespoon butter with 1 tablespoon olive oil.
- ☐ Add shiitakes and stir often until browned, 4 to 5 minutes.
- ☐ Pour into a bowl. Melt another tablespoon butter with another tablespoon olive oil in pan.
- ☐ Add common mushrooms and stir often over medium-high heat until liquid evaporates and mushrooms are well browned, 10 to 12 minutes.
- ☐ Add to bowl. Cool slightly, then finely chop mushrooms.
- ☐ In same pan, over medium-high heat, melt third tablespoon butter.
- ☐ Add onion and stir often until beginning to brown, about 8 minutes.
- ☐ Add garlic and stir until fragrant, about 1 minute.
- ☐ Pour in vinegar and stir until liquid evaporates, 1 to 2 minutes. Stir in parsley and the mushrooms; season to taste with salt and pepper.
- ☐ Combine flour and 1/2 teaspoon salt in the bowl of a food processor. Whirl briefly to mix.
- ☐ Add 6 tablespoons chilled butter and whirl until coarse crumbs form.

- ☐ Pour in 1/4 cup cold water and whirl just until dough comes together. Squeeze a little in your hand; if it doesn't hold together, add another tablespoon or two of water and pulse to mix. Pat dough into a ball, then flatten slightly into a disk, wrap in plastic, and chill until cold, 15 to 20 minutes.
- ☐ Preheat oven to 37
- ☐ On a well-floured surface, with a floured rolling pin, roll dough into an oval 1/4 to 1/8 inch thick.
- ☐ Brush half with beaten egg. Spoon tablespoonfuls of the mushroom mixture into one hand, squeeze tightly, and mound an inch apart on egg-washed side of dough. Fold bare half over mounds, and press between them to seal. With a 2-inch cookie cutter, cut out tarts and transfer to a baking sheet. Gather remaining dough, roll again, fill, and cut out more tarts.
- ☐ Bake until beginning to brown, about 15 minutes.
- ☐ Brush tarts with egg wash (discard any remaining) and continue baking until deep golden brown, about 5 minutes longer.
- ☐ Serve warm.
- ☐ Wine pairing: Pick a Pinot Noir with earthy loam and mushroom notes to echo the mushrooms in the tarts.

Nutrition Facts



Properties

Glycemic Index:25.83, Glycemic Load:6.47, Inflammation Score:-3, Nutrition Score:4.7200000312017%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

Nutrients (% of daily need)

Calories: 106.12kcal (5.31%), Fat: 5.81g (8.94%), Saturated Fat: 2.29g (14.3%), Carbohydrates: 11.26g (3.75%), Net Carbohydrates: 10.19g (3.7%), Sugar: 1.45g (1.62%), Cholesterol: 23.02mg (7.68%), Sodium: 128.61mg (5.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.37%), Selenium: 7.31µg (10.45%), Vitamin B2: 0.17mg (10.25%), Vitamin B3: 1.7mg (8.5%), Manganese: 0.15mg (7.51%), Folate: 29.7µg (7.42%), Vitamin B1: 0.11mg (7.36%),

Vitamin K: 7.41µg (7.06%), Vitamin B5: 0.57mg (5.67%), Phosphorus: 53.97mg (5.4%), Copper: 0.1mg (5.13%),
Vitamin B6: 0.09mg (4.43%), Iron: 0.79mg (4.41%), Fiber: 1.07g (4.3%), Potassium: 140.36mg (4.01%), Vitamin E:
0.48mg (3.18%), Vitamin C: 2.41mg (2.92%), Vitamin A: 139.01IU (2.78%), Zinc: 0.37mg (2.46%), Magnesium: 8.91mg
(2.23%), Calcium: 11.88mg (1.19%), Vitamin D: 0.16µg (1.06%)