



Mincemeat Charlottes

READY IN



45 min.

SERVINGS



8

CALORIES



381 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup apples peeled chopped
- ☐ 0.3 cup butter melted
- ☐ 0.3 cup cognac
- ☐ 9 ounce condensed mincemeat (such as Borden's)
- ☐ 1 tablespoon sugar
- ☐ 24 slices bread white divided very thin

Equipment

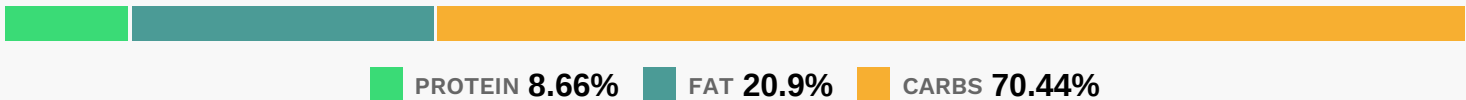
- ☐ baking sheet

- ☐ oven
- ☐ ramekin
- ☐ cutting board

Directions

- ☐ Preheat oven to 35
- ☐ Reconstitute mincemeat according to package directions to yield 2 cups. Lightly coat 8 (6-ounce) ramekins with cooking spray; evenly dust each ramekin with sugar.
- ☐ Place 16 bread slices on a cutting board or work surface.
- ☐ Cut 16 bread circles with a (2-inch) round cutter; discard bread trimmings.
- ☐ Place 1 circle in the bottom of each ramekin; reserve remaining circles.
- ☐ Trim crusts from remaining bread slices.
- ☐ Cut each slice into 6 (1 1/2 x 1-inch) rectangles. Line sides of each ramekin with 6 rectangles, arranged vertically, side by side (shown at left). Press rectangles gently to fit.
- ☐ Combine mincemeat, apple, butter, and cognac.
- ☐ Place about 1/3 cup mincemeat mixture in each ramekin; top each with 1 remaining bread circle, pressing circles gently onto mincemeat filling.
- ☐ Place ramekins on a baking sheet.
- ☐ Bake at 350 for 30 minutes or until golden.
- ☐ Remove from oven; cool on baking sheet 5 minutes.
- ☐ Place a dessert plate, upside down, on top of each ramekin; invert onto plates.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:30.23, Glycemic Load:27.92, Inflammation Score:-4, Nutrition Score:9.0121739642776%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 380.9kcal (19.05%), Fat: 8.48g (13.04%), Saturated Fat: 4.27g (26.66%), Carbohydrates: 64.28g (21.43%), Net Carbohydrates: 61.45g (22.35%), Sugar: 28.63g (31.81%), Cholesterol: 15.25mg (5.08%), Sodium: 581.57mg (25.29%), Alcohol: 2.51g (100%), Alcohol %: 2.29% (100%), Protein: 7.91g (15.81%), Vitamin B1: 0.38mg (25.58%), Selenium: 17.48µg (24.97%), Manganese: 0.45mg (22.54%), Folate: 83.93µg (20.98%), Vitamin B3: 3.59mg (17.94%), Calcium: 160.9mg (16.09%), Iron: 2.54mg (14.13%), Fiber: 2.83g (11.33%), Vitamin B2: 0.19mg (11%), Phosphorus: 88.47mg (8.85%), Magnesium: 21.17mg (5.29%), Copper: 0.1mg (4.94%), Zinc: 0.68mg (4.51%), Vitamin B5: 0.42mg (4.19%), Vitamin B6: 0.08mg (3.78%), Vitamin A: 186.46IU (3.73%), Potassium: 106.35mg (3.04%), Vitamin E: 0.36mg (2.38%)