



Mini Tomato Tarts



Vegetarian



Gluten Free

READY IN



150 min.

SERVINGS



24

CALORIES



94 kcal

Ingredients

- ☐ 2 ounce feta cheese crumbled
- ☐ 1 clove garlic minced peeled
- ☐ 2 cup grape tomatoes
- ☐ 0.3 cup ice water
- ☐ 1 teaspoon kosher salt
- ☐ 3 tablespoon olive oil
- ☐ 2 tablespoon oregano leaves fresh minced
- ☐ 1 shallots minced
- ☐ 8 ounce butter unsalted cold cut into small pieces (2 sticks)

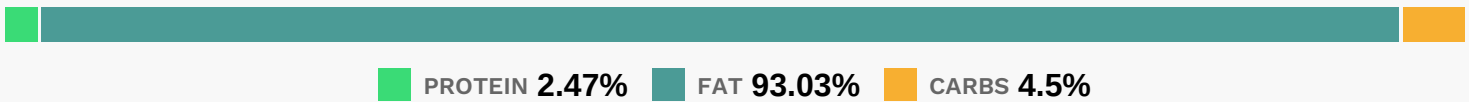
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ muffin tray

Directions

- ☐ Make the crust: Pulse flour and salt in a food processor until combined.
- ☐ Add butter, and process until mixture resembles coarse meal, about 10 seconds. With machine running, add ice water in a slow, steady stream until dough just comes together (no longer than 30 seconds).Divide dough in half, shape each into a square, and wrap in plastic. Refrigerate dough for at least 1 hour (or up to 2 days), or freeze for up to 1 month.On a lightly floured surface, roll out cold dough to 1/8 inch thick. Using a paring knife, cut out twenty four 3-inch squares, and fit into cups of 2 mini-muffin tin, leaving an overhang. Refrigerate for 30 minutes.Preheat oven to 400 degrees.
- ☐ Spread the tomatoes, garlic and shallots onto a parchment lined rimmed baking sheet.
- ☐ Drizzle with oil, season with salt and pepper, and roast, switching positions of sheets halfway through, until tomatoes begin to shrivel, about 20 minutes.
- ☐ Let cool.Divide half the chopped oregano and feta among the dough-lined tins. Top with tomato mixture.
- ☐ Sprinkle remaining oregano. Fold corners of dough toward centers.
- ☐ Brush with egg wash.Reduce heat to 37
- ☐ Bake pies until top crusts are golden brown and middles are bubbling, about 25 minutes.
- ☐ Let cool completely in tin on a wire rack.

Nutrition Facts



Properties

Glycemic Index:5.42, Glycemic Load:0.21, Inflammation Score:-5, Nutrition Score:1.7082608834557%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 93.76kcal (4.69%), Fat: 9.97g (15.33%), Saturated Fat: 5.42g (33.88%), Carbohydrates: 1.08g (0.36%), Net Carbohydrates: 0.72g (0.26%), Sugar: 0.43g (0.48%), Cholesterol: 22.42mg (7.47%), Sodium: 125.9mg (5.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.19%), Vitamin A: 356.69IU (7.13%), Vitamin K: 5.34µg (5.09%), Vitamin E: 0.62mg (4.13%), Calcium: 22.57mg (2.26%), Vitamin C: 1.83mg (2.22%), Manganese: 0.04mg (2.07%), Vitamin B2: 0.03mg (1.65%), Vitamin B6: 0.03mg (1.49%), Phosphorus: 14.64mg (1.46%), Fiber: 0.36g (1.45%), Iron: 0.23mg (1.27%), Potassium: 42.43mg (1.21%), Folate: 4.25µg (1.06%), Vitamin D: 0.15µg (1.01%)