

Mini Tomato Tarts

☼ Vegetarian () Gluten Free







Ingredients

2 ounce feta cheese crumbled
1 clove garlic minced peeled
2 cup grape tomatoes
O.3 cup ice water
1 teaspoon kosher salt
3 tablespoon olive oil
2 tablespoon oregano leaves fresh minced

8 ounce butter unsalted cold cut into small pieces (2 sticks)

1 shallots minced

Eq	Equipment	
	food processor	
	baking sheet	
	oven	
	knife	
	wire rack	
	muffin tray	
Di	rections	
	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	

PROTEIN 2.47% FAT 93.03% CARBS 4.5%

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 Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.07mg, Quercetin: 0.07mg, Querceti

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: Og (100%), Alcohol %: O% (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%)