

Miniature Onion Tartlets

 Dairy Free

READY IN



1500 min.

SERVINGS



36

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 fillet anchovy dry finely chopped
- 0.3 teaspoon pepper black
- 2 teaspoons thyme sprigs fresh chopped
- 0.3 cup olives black pitted very thinly sliced lengthwise
- 3 tablespoons olive oil
- 12 oz onion halved lengthwise
- 1 puff pastry frozen thawed
- 0.5 teaspoon salt

Equipment

- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 400°F.
- Roll out puff pastry on a lightly floured surface into a 12 1/2-inch square, then trim edges to form a 12-inch square. Prick sheet all over with a fork.
- Cut into 36 (2-inch) squares and transfer to 2 buttered large baking sheets, arranging about 2 inches apart.
- Bake in upper and lower thirds of oven, switching position of pans halfway through baking, until puffed and golden, 12 to 15 minutes total.
- Transfer squares to a rack and cool until just warm.
- While pastry is baking, heat 2 tablespoons oil in a 12-inch nonstick skillet over moderate heat until hot but not smoking, then cook onion with salt and pepper, stirring occasionally, until golden brown, 15 to 20 minutes. Stir in anchovies (to taste) and 1 teaspoon thyme and keep warm, covered.
- Lightly brush tops of pastry squares with remaining tablespoon oil. Make a small indentation in center of each square with your finger, then top each with 1 teaspoon onion mixture and a few olive slivers.
- Sprinkle squares with remaining teaspoon thyme.
- Pastry squares can be baked 1 day ahead, cooled completely, and kept in an airtight container at room temperature. Reheat in a 350°F oven 6 minutes before topping. Onion mixture can be made 1 day ahead and chilled, covered. Reheat over moderate heat, stirring, until heated through, about 10 minutes.

Nutrition Facts

  

 PROTEIN 5.06%  FAT 65.25%  CARBS 29.69%

Properties

Glycemic Index:4.44, Glycemic Load:1.86, Inflammation Score:-2, Nutrition Score:1.0317391272958%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 53.53kcal (2.68%), Fat: 3.93g (6.05%), Saturated Fat: 0.85g (5.28%), Carbohydrates: 4.02g (1.34%), Net Carbohydrates: 3.71g (1.35%), Sugar: 0.46g (0.51%), Cholesterol: 0.2mg (0.07%), Sodium: 64.63mg (2.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.37%), Selenium: 1.83µg (2.61%), Manganese: 0.05mg (2.47%), Vitamin B1: 0.03mg (2.13%), Folate: 7.21µg (1.8%), Vitamin K: 1.87µg (1.78%), Vitamin B3: 0.35mg (1.73%), Vitamin E: 0.24mg (1.63%), Vitamin B2: 0.02mg (1.37%), Iron: 0.24mg (1.32%), Fiber: 0.31g (1.25%), Vitamin C: 0.88mg (1.06%)