



Monte Cristo Mini-Tarts

READY IN



10 min.

SERVINGS



10

CALORIES



62 kcal

Ingredients

- ☐ 2 ounces ham shaved
- ☐ 1.9 oz mini-phyllo pastry shells frozen
- ☐ 3.8 teaspoons strawberry jam
- ☐ 2 oz swiss cheese shredded

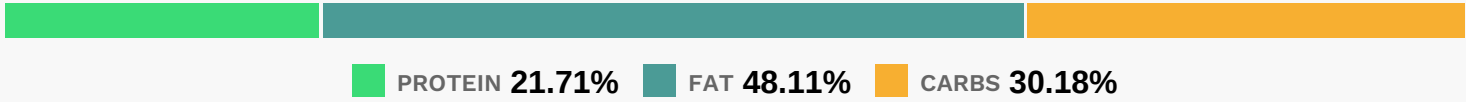
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Divide shaved ham among 15 frozen mini-phylo pastry shells.
- ☐ Sprinkle with shredded Swiss cheese, and top each with 1/4 tsp. strawberry jam.
- ☐ Place on a baking sheet, and bake 6 minutes.

Nutrition Facts



Properties

Glycemic Index:8.2, Glycemic Load:1, Inflammation Score:-1, Nutrition Score:1.3921738918061%

Nutrients (% of daily need)

Calories: 62.05kcal (3.1%), Fat: 3.46g (5.32%), Saturated Fat: 1.37g (8.57%), Carbohydrates: 4.88g (1.63%), Net Carbohydrates: 4.85g (1.77%), Sugar: 1.27g (1.41%), Cholesterol: 8.79mg (2.93%), Sodium: 89.83mg (3.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.02%), Calcium: 51.38mg (5.14%), Phosphorus: 45.18mg (4.52%), Selenium: 3.05µg (4.35%), Vitamin B12: 0.21µg (3.46%), Zinc: 0.38mg (2.54%), Vitamin B1: 0.04mg (2.34%), Vitamin B2: 0.03mg (1.87%), Vitamin B6: 0.03mg (1.3%), Vitamin B3: 0.26mg (1.29%)