



## Mushroom and Roasted Pepper Tarts

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



118 kcal

### Ingredients

- 1 teaspoon pepper black freshly ground
- 1 tablespoon canola oil
- 5 servings chives
- 4 ounces crimini mushrooms thinly sliced
- 1 tablespoon dijon mustard
- 0.5 ounce the following: parmesan rind) dried
- 1 large eggs
- 1 large egg whites
- 2 tablespoons chives fresh finely chopped

- 1 tablespoon parsley fresh chopped
- 1 teaspoon thyme sprigs fresh chopped
- 1 garlic clove minced
- 2 tablespoons half and half
- 0.8 teaspoon kosher salt
- 1 teaspoon juice of lemon fresh
- 0.5 cup nestle® carnation® evaporated lowfat milk 2% reduced-fat
- 2 tablespoons madeira wine
- 3 tablespoons parmesan divided grated
- 0.3 cup roasted peppers red chopped
- 2 tablespoons shallots chopped
- 3.5 ounces mushroom caps thinly sliced
- 1 cup water boiling

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- wire rack
- sieve
- plastic wrap
- aluminum foil
- tart form

## Directions

- Preheat oven to 40
- Divide Chive Piecrust dough into 5 equal portions.

- Place each portion between two sheets of plastic wrap; roll into a 6-inch circle.
- Remove top sheet of plastic wrap.
- Place each dough circle, plastic wrap side up, into a 4-inch round tart pan coated with cooking spray.
- Remove remaining plastic wrap. Press dough into bottom and up sides of pan; fold excess crust back in, and press. Pierce bottom and sides of dough lightly with a fork; freeze 10 minutes. Line bottoms of dough with foil; top with pie weights or dried beans.
- Bake at 400 for 25 minutes or until lightly browned. Cool on a wire rack 15 minutes; remove weights and foil.
- Brush crusts with mustard.
- Reduce oven temperature to 37
- Combine 1 cup boiling water and porcini mushrooms in a bowl; cover and let stand 20 minutes. Strain mixture through a sieve over a bowl, reserving mushrooms and 1/4 cup liquid. Finely chop mushrooms.
- Heat oil in a large skillet over medium heat.
- Add shallots; cook 1 minute.
- Add cremini and shiitake mushrooms; cook 8 minutes, stirring occasionally.
- Add garlic; cook 1 minute, stirring occasionally. Stir in porcini mushrooms, wine, and thyme; cook 1 minute.
- Add reserved 1/4 cup soaking liquid, scraping pan to loosen browned bits. Reduce heat; cook 3 minutes. Stir in parsley, juice, pepper, and salt.
- Divide mushroom mixture evenly among prepared crusts.
- Combine 2 tablespoons cheese and next 4 ingredients (through egg white), stirring with a whisk; divide mixture evenly among tarts.
- Sprinkle tops evenly with bell peppers and remaining cheese.
- Place tarts on a baking sheet.
- Bake at 375 for 35 minutes or until set. Cool on a wire rack 10 minutes.
- Sprinkle with chives.

## Nutrition Facts



■ PROTEIN 22.6% ■ FAT 45.16% ■ CARBS 32.24%

## Properties

Glycemic Index:73, Glycemic Load:0.64, Inflammation Score:-6, Nutrition Score:9.1399999597798%

## Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 118.26kcal (5.91%), Fat: 5.98g (9.21%), Saturated Fat: 1.47g (9.17%), Carbohydrates: 9.61g (3.2%), Net Carbohydrates: 8.03g (2.92%), Sugar: 4.34g (4.82%), Cholesterol: 45.69mg (15.23%), Sodium: 623.83mg (27.12%), Alcohol: 0.62g (100%), Alcohol %: 0.45% (100%), Protein: 6.74g (13.48%), Selenium: 14.82µg (21.17%), Vitamin K: 20.73µg (19.74%), Vitamin B2: 0.3mg (17.63%), Copper: 0.34mg (16.92%), Vitamin B5: 1.5mg (15.04%), Manganese: 0.24mg (12%), Phosphorus: 117.47mg (11.75%), Vitamin B3: 2.18mg (10.92%), Vitamin C: 8.38mg (10.16%), Vitamin B6: 0.18mg (9.16%), Potassium: 298.61mg (8.53%), Calcium: 76.74mg (7.67%), Zinc: 1.01mg (6.75%), Vitamin A: 335.75IU (6.71%), Folate: 25.34µg (6.34%), Fiber: 1.58g (6.33%), Magnesium: 20.85mg (5.21%), Iron: 0.82mg (4.57%), Vitamin E: 0.65mg (4.32%), Vitamin B1: 0.06mg (3.7%), Vitamin D: 0.43µg (2.85%), Vitamin B12: 0.17µg (2.75%)