



Mushroom Tartlets

READY IN



45 min.

SERVINGS



30

CALORIES



23 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1.3 ounces gouda cheese smoked shredded
- ☐ 1 tablespoon juice of lemon
- ☐ 16 ounce pre mushrooms
- ☐ 0.3 teaspoon pepper
- ☐ 4.2 ounce phyllo shells frozen miniature
- ☐ 0.5 teaspoon salt
- ☐ 1 large shallots chopped

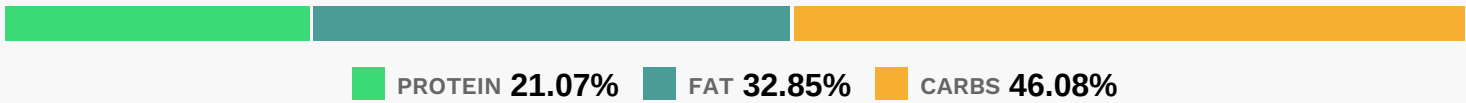
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Place mushrooms in a food processor; pulse until minced.
- ☐ Coat a large nonstick skillet with cooking spray; place over medium heat until hot.
- ☐ Add garlic and shallot; saut 3 minutes.
- ☐ Add mushrooms; cook, stirring frequently, 8 to 10 minutes or until mushrooms are tender.
- ☐ Remove from heat; stir in cheese and next 4 ingredients.
- ☐ Fill each phyllo shell with 1 heaping teaspoon of mushroom mixture.
- ☐ Place on a baking sheet; coat with cooking spray.
- ☐ Bake at 350 for 10 to 12 minutes or until phyllo shells are golden.
- ☐ Garnish with thyme sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:6.53, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:1.1899999828766%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 22.77kcal (1.14%), Fat: 0.95g (1.47%), Saturated Fat: 0.23g (1.44%), Carbohydrates: 3.01g (1%), Net Carbohydrates: 2.8g (1.02%), Sugar: 0.41g (0.45%), Cholesterol: 1.44mg (0.48%), Sodium: 58.24mg (2.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.75%), Vitamin B2: 0.07mg (3.89%), Vitamin B3: 0.55mg (2.76%), Copper: 0.05mg (2.55%), Vitamin B5: 0.24mg (2.36%), Selenium: 1.63µg (2.33%), Phosphorus: 20.9mg (2.09%), Potassium: 54.75mg (1.56%), Vitamin B6: 0.02mg (1.14%), Calcium: 10.61mg (1.06%), Vitamin C: 0.85mg (1.03%)