



Peach-and-Blue Cheese Bites

READY IN



10 min.

SERVINGS



10

CALORIES



245 kcal

SIDE DISH

Ingredients

- 3 tablespoons almonds salted chopped
- 2 ounces gorgonzola
- 0.5 cup strawberry jam
- 24 flaky tartlet shells

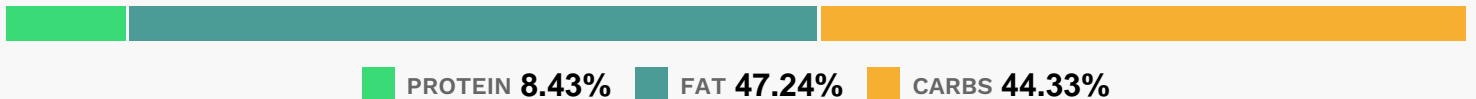
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 35
- Arrange Flaky Tartlet Shells on a baking sheet.
- Cut Gorgonzola cheese into 24 very small pieces. Spoon 1/4 rounded teaspoonful peach fruit spread into each shell; top with cheese.
- Sprinkle evenly with chopped roasted salted almonds.
- Bake tartlets at 350 for 5 to 6 minutes or until cheese is melted.
- Note: For testing purposes only, we used Smucker's Simply Fruit Peach
- Spreadable Fruit.
- Ginger-Brie Bites: Prepare Peach-and-Blue Cheese Bites as directed, substituting ginger preserves for peach fruit spread and 3 oz. Brie, rind removed, for Gorgonzola cheese.
- Pear-Havarti Bites: Prepare Peach-and-Blue Cheese Bites as directed, substituting pear preserves for peach fruit spread and 2 oz. Havarti cheese for Gorgonzola cheese.
- Spicy-Sweet Goat Cheese Bites: Prepare Peach-and-Blue Cheese Bites as directed, substituting red pepper jelly for peach fruit spread and 2 oz. goat cheese for Gorgonzola cheese.

Nutrition Facts



Properties

Glycemic Index:9.2, Glycemic Load:6.4, Inflammation Score:-1, Nutrition Score:2.9395651765492%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 244.58kcal (12.23%), Fat: 12.74g (19.59%), Saturated Fat: 5.18g (32.36%), Carbohydrates: 26.89g (8.96%), Net Carbohydrates: 24.73g (8.99%), Sugar: 10g (11.11%), Cholesterol: 12.32mg (4.11%), Sodium: 166.77mg (7.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.11g (10.22%), Iron: 3.36mg (18.65%), Fiber: 2.16g (8.65%), Vitamin E: 0.8mg (5.35%), Calcium: 41.41mg (4.14%), Vitamin B2: 0.07mg (4.05%), Phosphorus: 39.6mg (3.96%), Manganese: 0.08mg (3.79%), Magnesium: 10.08mg (2.52%), Copper: 0.05mg (2.51%), Selenium: 1.29µg (1.84%), Vitamin C: 1.5mg (1.81%), Zinc: 0.25mg (1.7%), Potassium: 49.6mg (1.42%), Folate: 5.23µg (1.31%), Vitamin B5: 0.12mg (1.16%), Vitamin B12: 0.07µg (1.15%)