



Pear-Goat Cheese Tarts

READY IN



38 min.

SERVINGS



20

CALORIES



139 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 8 oz goat cheese crumbled
- ☐ 2 tablespoons honey
- ☐ 1 to 2 pears ripe chopped
- ☐ 15 oz refrigerator piecrusts

Equipment

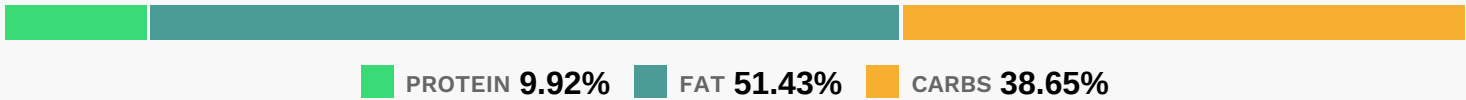
- ☐ frying pan
- ☐ oven

- ☐ wire rack
- ☐ muffin tray

Directions

- ☐ Unfold piecrusts, and cut each in half; cut each half into 3 pieces.
- ☐ Place 1 piece into a lightly greased muffin cup in a muffin pan. Fold and press pastry piece to form a cup shape. Repeat procedure with remaining pastry pieces.
- ☐ Bake at 375 for 8 minutes or until edges of pastries are lightly browned.
- ☐ Remove pan to a wire rack.
- ☐ Stir together goat cheese and next 3 ingredients. Spoon evenly into pastry shells.
- ☐ Bake at 375 for 8 to 10 minutes or until thoroughly heated.
- ☐ Remove to a wire rack, and let cool 2 minutes.

Nutrition Facts



Properties

Glycemic Index:4.45, Glycemic Load:1.3, Inflammation Score:-2, Nutrition Score:2.5708695727846%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 138.63kcal (6.93%), Fat: 7.95g (12.23%), Saturated Fat: 3.39g (21.19%), Carbohydrates: 13.44g (4.48%), Net Carbohydrates: 12.62g (4.59%), Sugar: 2.69g (2.99%), Cholesterol: 5.22mg (1.74%), Sodium: 128.88mg (5.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.9%), Manganese: 0.11mg (5.66%), Copper: 0.11mg (5.36%), Vitamin B2: 0.08mg (4.85%), Iron: 0.82mg (4.58%), Phosphorus: 45.54mg (4.55%), Vitamin B1: 0.07mg (4.51%), Folate: 16.98µg (4.24%), Fiber: 0.82g (3.28%), Vitamin B3: 0.64mg (3.2%), Vitamin K: 2.58µg (2.45%), Vitamin A: 120.53IU (2.41%), Selenium: 1.56µg (2.22%), Calcium: 21.32mg (2.13%), Vitamin B6: 0.04mg (2.11%), Vitamin B5: 0.17mg (1.69%), Zinc: 0.22mg (1.43%), Magnesium: 5.72mg (1.43%), Potassium: 35.19mg (1.01%)