



Pear-Havarti Bites

READY IN



10 min.

SERVINGS



10

CALORIES



201 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons roasted almonds salted chopped
- ☐ 2 ounces havarti cheese
- ☐ 0.5 cup pear preserves
- ☐ 24 flaky tartlet shells

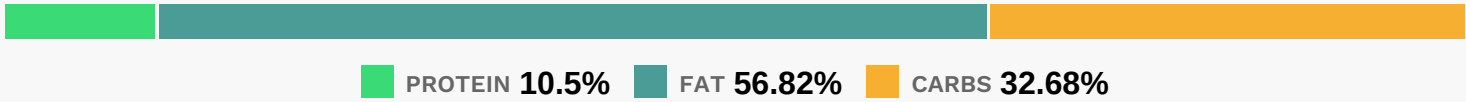
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Arrange Flaky Tartlet Shells on a baking sheet.
- ☐ Cut Havarti cheese into 24 very small pieces. Spoon 1/4 rounded teaspoonful pear preserves into each shell; top with cheese.
- ☐ Sprinkle evenly with almonds.
- ☐ Bake tartlets at 350 for 5 to 6 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:4.68, Glycemic Load:0.39, Inflammation Score:-1, Nutrition Score:2.7778260426029%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg 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: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 201.25kcal (10.06%), Fat: 12.63g (19.43%), Saturated Fat: 5.1g (31.87%), Carbohydrates: 16.34g (5.45%), Net Carbohydrates: 14.12g (5.13%), Sugar: 2.51g (2.79%), Cholesterol: 13.05mg (4.35%), Sodium: 139.01mg (6.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.25g (10.51%), Iron: 3.28mg (18.22%), Fiber: 2.22g (8.9%), Vitamin E: 0.82mg (5.44%), Phosphorus: 45.45mg (4.54%), Calcium: 43.21mg (4.32%), Manganese: 0.08mg (3.79%), Vitamin B2: 0.05mg (3.24%), Magnesium: 10.19mg (2.55%), Zinc: 0.33mg (2.19%), Copper: 0.04mg (2.12%), Folate: 5.29µg (1.32%), Vitamin B12: 0.08µg (1.3%)