



Pissaladière Tartlets

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 3 fillet anchovy canned chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 0.3 teaspoon thyme leaves fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup niçoise olives pitted chopped
- ☐ 10 cup thinly onion vertically sliced (4 medium)
- ☐ 0.3 teaspoon salt

☐ 0.5 ounce bread white very thin (such as Pepperidge Farm)

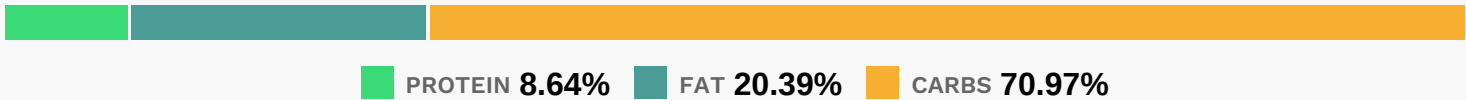
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ muffin liners

Directions

- ☐ Heat olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion, and saut 10 minutes. Stir in salt and anchovies; saut 10 minutes. Stir in vinegar and chopped thyme. Reduce the heat to medium-low; cook 3 minutes or until liquid is absorbed, stirring frequently. Stir in olives. Cool to room temperature.
- ☐ Preheat oven to 37
- ☐ Trim crusts from bread; reserve crusts for another use. Lightly coat both sides of bread with cooking spray.
- ☐ Place 1 slice into each of 24 miniature muffin cups, pressing bread into pan to form cups (bread tips will stick up).
- ☐ Bake at 375 for 10 minutes or until dry and golden. Carefully remove the bread cups from pan; cool on a wire rack. Spoon 1 heaping tablespoon onion mixture into each bread cup.
- ☐ Sprinkle evenly with whole thyme leaves.

Nutrition Facts



Properties

Glycemic Index:20.15, Glycemic Load:3.63, Inflammation Score:-6, Nutrition Score:3.7656521449756%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 6.68mg, Isorhamnetin: 6.68mg, Isorhamnetin: 6.68mg, Isorhamnetin: 6.68mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg

Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 27.07mg, Quercetin: 27.07mg, Quercetin: 27.07mg, Quercetin: 27.07mg

Nutrients (% of daily need)

Calories: 76.32kcal (3.82%), Fat: 1.8g (2.77%), Saturated Fat: 0.29g (1.81%), Carbohydrates: 14.1g (4.7%), Net Carbohydrates: 11.68g (4.25%), Sugar: 6.53g (7.25%), Cholesterol: 0.21mg (0.07%), Sodium: 113.73mg (4.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.43%), Vitamin C: 10.2mg (12.36%), Fiber: 2.42g (9.66%), Manganese: 0.19mg (9.5%), Vitamin B6: 0.16mg (8.16%), Folate: 26.86µg (6.71%), Potassium: 205.83mg (5.88%), Vitamin B1: 0.07mg (4.55%), Phosphorus: 41.97mg (4.2%), Magnesium: 15.11mg (3.78%), Calcium: 37.52mg (3.75%), Copper: 0.06mg (3.01%), Vitamin B2: 0.04mg (2.41%), Iron: 0.43mg (2.37%), Vitamin E: 0.31mg (2.08%), Vitamin B5: 0.17mg (1.74%), Zinc: 0.25mg (1.68%), Selenium: 1.14µg (1.62%), Vitamin B3: 0.27mg (1.36%), Vitamin K: 1.31µg (1.25%)