



## Red Onion Jam and Gorgonzola Tartlets

READY IN



50 min.

SERVINGS



10

CALORIES



128 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 teaspoon pepper black
- 1 tablespoon brown sugar
- 1 tablespoon thyme leaves fresh minced
- 3 garlic cloves minced
- 5 tablespoons gorgonzola cheese crumbled
- 0.3 cup granulated sugar
- 1 tablespoon olive oil
- 2 packages phyllo shells (such as athens) mini
- 4 cups onions red chopped

0.5 cup red wine vinegar

0.5 teaspoon salt

## Equipment

frying pan

oven

## Directions

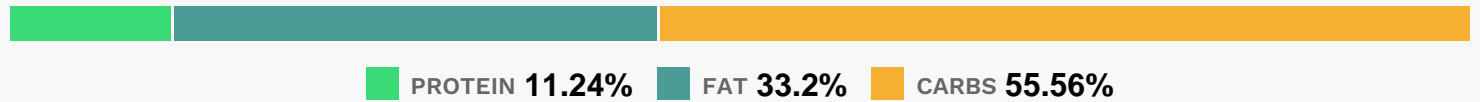
Preheat oven to 35

Saut onions and garlic in olive oil over medium heat, 20 minutes. Stir in next 6 ingredients. Bring to boil; reduce to simmer. Cook 5 minutes, until most of the liquid has evaporated. Cool.

Place phyllo shells on pan; spoon 1/2 teaspoon Gorgonzola into each. Top with 1 teaspoon jam.

Bake 10 minutes and serve.

## Nutrition Facts



## Properties

Glycemic Index:23.11, Glycemic Load:4.98, Inflammation Score:-7, Nutrition Score:2.9339130410682%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 13.01mg, Quercetin: 13.01mg, Quercetin: 13.01mg, Quercetin: 13.01mg

## Nutrients (% of daily need)

Calories: 128.47kcal (6.42%), Fat: 5.01g (7.7%), Saturated Fat: 1.53g (9.59%), Carbohydrates: 18.85g (6.28%), Net Carbohydrates: 17.62g (6.41%), Sugar: 8.91g (9.9%), Cholesterol: 5.25mg (1.75%), Sodium: 223.36mg (9.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.62%), Vitamin C: 6.2mg (7.51%), Manganese: 0.13mg (6.49%), Calcium: 58.44mg (5.84%), Vitamin B6: 0.1mg (5.14%), Fiber: 1.23g (4.92%), Phosphorus: 48.93mg (4.89%), Folate: 15.05µg (3.76%), Potassium: 126.96mg (3.63%), Vitamin B2: 0.05mg (2.91%), Magnesium: 10.11mg (2.53%), Vitamin B1: 0.03mg (2.25%), Zinc: 0.32mg (2.16%), Selenium: 1.51µg (2.16%), Vitamin B5: 0.21mg (2.11%), Iron: 0.38mg (2.09%), Copper: 0.04mg (1.89%), Vitamin A: 88.57IU (1.77%), Vitamin E: 0.23mg (1.56%), Vitamin B12: 0.09µg

(1.42%), Vitamin K: 1.45µg (1.38%)