



Red Pepper and Boursin Tarts

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



195 kcal

Ingredients

- ☐ 2 ounces philadelphia cheese and herb cooking creme softened
- ☐ 0.3 teaspoon thyme sprigs fresh
- ☐ 0.1 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 17.3 ounce puff pastry frozen thawed
- ☐ 2 bell pepper red seeded thinly sliced quartered

Equipment

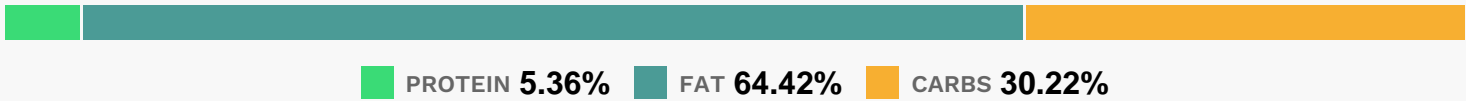
- ☐ frying pan
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 450°F.
- ☐ Cook bell peppers in oil in a large nonstick skillet over moderate heat, stirring, until softened, about 8 minutes, then cool.
- ☐ Unfold pastry sheets on a lightly floured surface and cut out an 8-inch round from each.
- ☐ Transfer rounds to a buttered large baking sheet and prick all over with a fork, leaving a 1/2-inch border around edges.
- ☐ Spread 2 tablespoons cheese evenly over each round, then scatter with peppers and sprinkle with thyme, kosher salt, and pepper to taste.
- ☐ Bake tarts in middle of oven until puffed and golden brown, about 15 minutes, then transfer to a rack to cool slightly.
- ☐ Cut each tart into 8 wedges and serve warm.

Nutrition Facts



Properties

Glycemic Index:8.31, Glycemic Load:7.65, Inflammation Score:-5, Nutrition Score:4.8182608368604%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 194.71kcal (9.74%), Fat: 14.03g (21.59%), Saturated Fat: 4.05g (25.34%), Carbohydrates: 14.81g (4.94%), Net Carbohydrates: 14.04g (5.1%), Sugar: 0.97g (1.08%), Cholesterol: 3.67mg (1.22%), Sodium: 116.88mg (5.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.25%), Vitamin C: 19.09mg (23.14%), Selenium: 7.41µg (10.59%), Vitamin A: 504.17IU (10.08%), Vitamin B1: 0.13mg (8.65%), Manganese: 0.17mg (8.32%), Folate: 30.7µg (7.67%), Vitamin B3: 1.42mg (7.1%), Vitamin K: 6.18µg (5.88%), Vitamin B2: 0.1mg (5.84%), Iron: 0.86mg (4.76%), Vitamin E: 0.53mg (3.51%), Fiber: 0.78g (3.1%), Vitamin B6: 0.05mg (2.49%), Phosphorus: 22.24mg (2.22%), Copper: 0.04mg (1.88%), Magnesium: 6.73mg (1.68%), Potassium: 50.23mg (1.44%), Zinc: 0.2mg (1.33%)