



Red Snapper-Tomato Tartlets

READY IN



45 min.

SERVINGS



6

CALORIES



761 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 2 large eggs
- ☐ 0.5 cup evaporated milk
- ☐ 0.8 cup feta cheese crumbled
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup mayonnaise
- ☐ 2 teaspoons olive oil

- ☐ 17.3 ounce puff pastry sheets frozen thawed
- ☐ 1.5 cups roma tomatoes diced seeded
- ☐ 0.8 pound snapper fillet red

Equipment

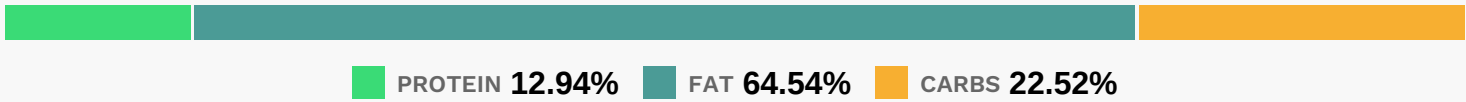
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ tart form

Directions

- ☐ Unfold pastry sheet; cut into 6 equal portions.
- ☐ Roll out each portion to 1/8-inch thickness on a lightly floured surface. Fit each portion into an ungreased 4-inch tart pan with removable bottom; trim edges.
- ☐ Heat oil in a large skillet over medium-high heat; add fish fillet.
- ☐ Sprinkle with lemon juice. Cook 6 to 7 minutes or until fish flakes easily with a fork; cool slightly. Flake fish into bite-size pieces, and transfer to a medium bowl.
- ☐ Add tomatoes and cheese; toss gently to combine. Spoon mixture evenly into prepared tart pans.
- ☐ Combine eggs and next 5 ingredients in a medium bowl with a wire whisk. Spoon mixture evenly over fish filling in tart pans.
- ☐ Place tarts on a baking sheet.
- ☐ Bake at 350 for 35 to 40 minutes or until tops are lightly browned and centers are set.
- ☐ Let stand 10 minutes.
- ☐ Remove sides of tart pans before serving.
- ☐ Wine note: Snapper and tomato reminds me of the Mediterranean. Any white wine from the Mediterranean coast would work, but the uniquely fresh and crisp Skouras Moschofilero (\$10-\$15)

from Peloponnese in Greece sounds great to me.--Steven Geddes

Nutrition Facts



Properties

Glycemic Index:44.17, Glycemic Load:20.87, Inflammation Score:-7, Nutrition Score:24.170434620069%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 761.16kcal (38.06%), Fat: 54.57g (83.96%), Saturated Fat: 14.41g (90.09%), Carbohydrates: 42.87g (14.29%), Net Carbohydrates: 40.83g (14.85%), Sugar: 4.59g (5.1%), Cholesterol: 113.6mg (37.87%), Sodium: 631.07mg (27.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.61g (49.23%), Selenium: 50.64µg (72.35%), Vitamin K: 71.52µg (68.11%), Vitamin D: 6.25µg (41.67%), Vitamin B12: 2.22µg (37.04%), Vitamin B2: 0.55mg (32.46%), Phosphorus: 321.08mg (32.11%), Vitamin B1: 0.43mg (28.37%), Manganese: 0.5mg (25.04%), Folate: 95.01µg (23.75%), Vitamin B6: 0.42mg (21.07%), Vitamin B3: 4.19mg (20.94%), Calcium: 193.89mg (19.39%), Vitamin A: 898.32IU (17.97%), Iron: 2.96mg (16.46%), Vitamin C: 13.28mg (16.09%), Vitamin E: 2.37mg (15.82%), Potassium: 544.27mg (15.55%), Magnesium: 50.01mg (12.5%), Zinc: 1.71mg (11.4%), Vitamin B5: 1.1mg (10.98%), Copper: 0.17mg (8.69%), Fiber: 2.04g (8.16%)