



Smoked Salmon Tarts

 Gluten Free

READY IN



38 min.

SERVINGS



8

CALORIES



85 kcal

Ingredients

- ☐ 0.5 cup milk
- ☐ 0.3 cup cream sour
- ☐ 0.5 teaspoon worcestershire sauce
- ☐ 2 eggs
- ☐ 0.7 cup cheddar cheese shredded
- ☐ 0.3 cup salmon smoked chopped
- ☐ 2 tablespoons spring onion sliced
- ☐ 0.5 cup frangelico

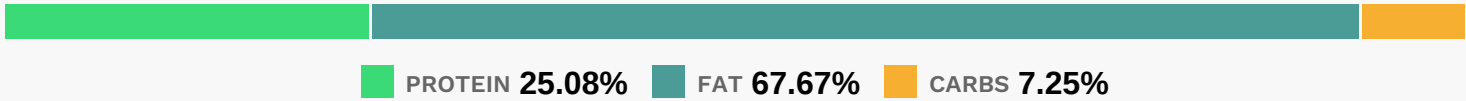
Equipment

- ☐ frying pan
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°F. Spray 24 mini-muffin cups with cooking spray.
- ☐ Beat Bisquick, milk, sour cream, Worcestershire sauce and eggs with fork until blended; stir in remaining ingredients. Spoon about 1 tablespoon mixture into each muffin cup.
- ☐ Bake 15 to 20 minutes or until golden. Cool 5 minutes. Loosen sides of tarts from pan; remove from pan. Refrigerate any remaining appetizers.

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:0.36, Inflammation Score:-2, Nutrition Score:3.933043508426%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 84.93kcal (4.25%), Fat: 6.38g (9.81%), Saturated Fat: 3.21g (20.09%), Carbohydrates: 1.54g (0.51%), Net Carbohydrates: 1.5g (0.54%), Sugar: 1.12g (1.25%), Cholesterol: 57.71mg (19.24%), Sodium: 134.77mg (5.86%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 5.32g (10.64%), Selenium: 8.44µg (12.06%), Calcium: 100.86mg (10.09%), Phosphorus: 95.85mg (9.58%), Vitamin D: 1.41µg (9.42%), Vitamin B12: 0.48µg (8%), Vitamin B2: 0.13mg (7.78%), Vitamin A: 243.42IU (4.87%), Zinc: 0.6mg (3.99%), Vitamin B5: 0.34mg (3.39%), Vitamin K: 3.53µg (3.36%), Vitamin B6: 0.05mg (2.71%), Folate: 8.68µg (2.17%), Potassium: 71.35mg (2.04%), Vitamin E: 0.31mg (2.04%), Magnesium: 7.78mg (1.95%), Iron: 0.3mg (1.68%), Vitamin B3: 0.31mg (1.57%), Copper: 0.03mg (1.38%), Vitamin B1: 0.02mg (1.3%)