



Spinach and Apricot-Filled Almond Tarts

READY IN



45 min.

SERVINGS



4

CALORIES



759 kcal

Ingredients

- ☐ 0.3 cup apricots dried diced
- ☐ 10 ounces baby spinach fresh
- ☐ 1 tablespoon butter
- ☐ 1 clove garlic minced
- ☐ 2 tablespoons olive oil
- ☐ 4 servings pie weights dry
- ☐ 15 ounce ready-made pie crust containing 2 pie crusts pillsbury®
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons slivered california almonds
- ☐ 6 inch tart pans with removable bottoms

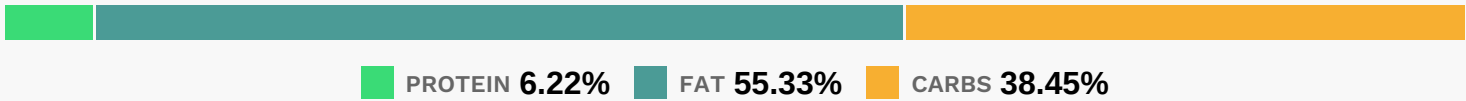
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wok
- ☐ tart form

Directions

- ☐ Preheat oven to 400 degrees F. Spray 4 tart pans with nonstick spray.
- ☐ Cut pie crusts into fourths, and insert each piece into a tart pan, pressing so it fits and trimming loose ends. Fill with dry beans or pie weights, and bake on a baking sheet 15–20 minutes, or until edges are golden brown.
- ☐ Let cool on rack, and then remove beans or pie weights.
- ☐ Heat olive oil in a large skillet or wok.
- ☐ Add garlic and simmer on low heat until it turns just a shade darker; turn heat to medium, add spinach and saute, working in 2 batches if pan isn't big enough. Gently stir in apricots and butter while spinach is still hot, then sprinkle in almonds.
- ☐ Fill each tart shell with spinach mixture and serve immediately.

Nutrition Facts



Properties

Glycemic Index:46.85, Glycemic Load:2.6, Inflammation Score:-10, Nutrition Score:28.491304318866%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol:

0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 4.56mg, Kaempferol: 4.56mg, Kaempferol: 4.56mg, Kaempferol: 4.56mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 758.86kcal (37.94%), Fat: 47.18g (72.58%), Saturated Fat: 13.51g (84.41%), Carbohydrates: 73.77g (24.59%), Net Carbohydrates: 67.19g (24.43%), Sugar: 6.81g (7.57%), Cholesterol: 7.53mg (2.51%), Sodium: 747.03mg (32.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.93g (23.86%), Vitamin K: 356.52µg (339.55%), Vitamin A: 7127.21IU (142.54%), Manganese: 1.41mg (70.53%), Folate: 231.41µg (57.85%), Vitamin E: 5.51mg (36.74%), Iron: 5.86mg (32.57%), Vitamin B1: 0.43mg (28.36%), Fiber: 6.58g (26.34%), Vitamin B2: 0.45mg (26.31%), Magnesium: 99.29mg (24.82%), Vitamin C: 20.43mg (24.77%), Vitamin B3: 4.52mg (22.6%), Potassium: 707.88mg (20.23%), Phosphorus: 172.75mg (17.27%), Copper: 0.31mg (15.28%), Selenium: 8.67µg (12.38%), Calcium: 123.12mg (12.31%), Vitamin B6: 0.24mg (11.94%), Zinc: 1.24mg (8.26%), Vitamin B5: 0.66mg (6.64%)