



Strawberry Brie Tartlets

 Vegetarian

READY IN



45 min.

SERVINGS



40

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 ounces round of président brie ripe soft
- 1 water
- 8 sprigs thyme sprigs fresh
- 40 servings honey for drizzling
- 2 sheets puff pastry frozen thawed (1 box)
- 40 servings salt
- 10 strawberries ripe

Equipment

- baking sheet
- baking paper
- oven
- whisk
- cookie cutter

Directions

- Preheat the oven to 400 F. Using a 2 inch cookie cutter, cut out at least 40 pieces of pastry dough and lay them on parchment paper-lined baking sheets. Use a fork to poke holes in the center of each piece of dough to keep the centers from rising too much.
- Whisk together 1 egg and 1 Tb. of water.
- Brush the egg wash over each piece of dough.
- Bake the dough for 8-10 minutes, until golden-brown. Meanwhile, slice each strawberry into 4-5 thin slices. Scrape off the rind and slice the brie into thin rectangles. Pull the thyme leaves off the stems. When the puff pastry is golden, remove it from the oven and allow the centers to collapse a little. If they don't, poke them down with a fork! Then layer the brie over each pastry, followed by a strawberry slice, a few thyme leaves and a sprinkle of salt.
- Bake another 2-3 minutes until the brie has melted.
- Drizzle with a scant amount of honey before serving.
- Serve warm or at room temperature!

Nutrition Facts



PROTEIN 6.88% **FAT 49.54%** **CARBS 43.58%**

Properties

Glycemic Index: 5.51, Glycemic Load: 6.08, Inflammation Score: -2, Nutrition Score: 1.7795652173913%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.75mg, Pelargonidin: 0.75mg, Pelargonidin: 0.75mg, Pelargonidin: 0.75mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg,

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Taste

Sweetness: 100%, Saltiness: 40.56%, Sourness: 12.32%, Bitterness: 18.51%, Savoriness: 11.96%, Fattiness: 98.02%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 104.14kcal (5.21%), Fat: 5.86g (9.01%), Saturated Fat: 1.92g (12.02%), Carbohydrates: 11.59g (3.86%), Net Carbohydrates: 11.31g (4.11%), Sugar: 6g (6.67%), Cholesterol: 4.25mg (1.42%), Sodium: 251.39mg (10.93%), Protein: 1.83g (3.66%), Selenium: 3.65µg (5.21%), Manganese: 0.08mg (4.12%), Vitamin B2: 0.06mg (3.59%), Vitamin B1: 0.05mg (3.5%), Folate: 13.27µg (3.32%), Vitamin B3: 0.55mg (2.75%), Vitamin C: 2.12mg (2.57%), Iron: 0.41mg (2.3%), Vitamin K: 2.14µg (2.03%), Phosphorus: 16.56mg (1.66%), Zinc: 0.19mg (1.27%), Vitamin B12: 0.07µg (1.17%), Fiber: 0.29g (1.14%), Calcium: 10.89mg (1.09%)