



Tapenade Goat-Cheese Canapés

READY IN



45 min.

SERVINGS



25

CALORIES



121 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.5 teaspoon coarse kosher salt
- 1 large egg plus 1 egg yolk
- 2.5 cups flour all-purpose
- 1 tablespoon thyme leaves fresh
- 1 cup goat cheese fresh crumbled
- 3 tbsp ice water
- 1 cup olive tapenade black
- 0.8 cup butter unsalted ()

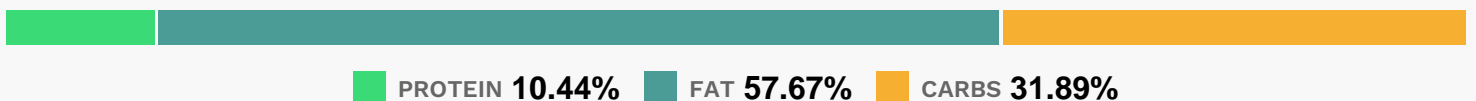
Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- wax paper

Directions

- Cut butter into 1/2-in. cubes and freeze in a single layer until very cold, 10 to 20 minutes. In a food processor, whirl flour and salt until blended.
- Add butter and pulse on and off just until butter is about the size of peas. In a small bowl, lightly beat egg and yolk with 3 tbsp. ice water.
- Add egg mixture, about half at a time, and pulse just until evenly moistened and holding together (you may need to add 1 more tbsp. ice water as you're pulsing).
- Flatten the dough into 2 rough squares, each about 6 in. across. Wrap disks in wax paper. Chill until cold, at least 1 hour and up to 3 days.
- Preheat oven to 35
- Remove dough from refrigerator and let stand 5 minutes. Unwrap and, on a lightly floured surface, roll dough halves into 1/8-in.-thick squares, 10 to 11 in. each.
- Transfer each square to a rimmed baking sheet and prick all over with a fork.
- Bake until medium brown, 25 to 35 minutes. Cool on pan, about 30 minutes. Thinly spread baked canap dough with tapenade. Top with goat cheese, pressing it slightly into the tapenade so it sticks, and sprinkle with 1 tbsp. fresh thyme leaves.
- Cut into 2-in. squares.

Nutrition Facts



Properties

Glycemic Index:4.8, Glycemic Load:6.91, Inflammation Score:-5, Nutrition Score:2.9647826345071%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 120.77kcal (6.04%), Fat: 7.75g (11.92%), Saturated Fat: 4.91g (30.67%), Carbohydrates: 9.64g (3.21%), Net Carbohydrates: 9.26g (3.37%), Sugar: 0.12g (0.14%), Cholesterol: 26.16mg (8.72%), Sodium: 81.36mg (3.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.31%), Vitamin B1: 0.11mg (7.08%), Selenium: 4.94µg (7.06%), Folate: 25.29µg (6.32%), Vitamin B2: 0.1mg (6.09%), Vitamin A: 287.09IU (5.74%), Manganese: 0.1mg (5%), Iron: 0.82mg (4.57%), Copper: 0.09mg (4.4%), Phosphorus: 41.33mg (4.13%), Vitamin B3: 0.79mg (3.93%), Calcium: 18.32mg (1.83%), Vitamin B6: 0.03mg (1.59%), Fiber: 0.38g (1.51%), Vitamin B5: 0.15mg (1.45%), Vitamin E: 0.2mg (1.33%), Zinc: 0.2mg (1.32%), Magnesium: 4.84mg (1.21%), Vitamin D: 0.18µg (1.17%)