



## Tomato and Mozzarella Tarts

READY IN



25 min.

SERVINGS



8

CALORIES



206 kcal

### Ingredients

- 8 leaves basil leaves fresh
- 3 ounces mozzarella cheese fresh very thinly sliced ( 8 or 9 slices)
- 1.5 tablespoons parmesan freshly grated
- 1 large plum tomatoes thinly sliced
- 1 sheet puff pastry frozen thawed (from a)
- 8 servings salt and pepper black freshly ground

### Equipment

- baking sheet
- baking paper

- oven
- cookie cutter

## Directions

- Preheat oven to 400 degrees F. Line a baking sheet with parchment paper and set aside.
- On a lightly floured surface, unfold the pastry. Using a 3-inch round cookie cutter, cut out 8 or 9 rounds; place rounds on the prepared baking sheet. Prick the pastry rounds all over with a fork.
- Sprinkle each with about 1/2 teaspoon Parmesan.
- Bake rounds for 5 minutes.
- Remove from oven.
- Top each tart with a slice of tomato, basil leaf and mozzarella slice.
- Bake for 10 minutes or until puffed and golden. Season with salt and pepper, to taste, and serve.

## Nutrition Facts

**PROTEIN 9.72%** **FAT 62.31%** **CARBS 27.97%**

## Properties

Glycemic Index:31.25, Glycemic Load:7.64, Inflammation Score:-2, Nutrition Score:4.4030434683613%

## Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 206.07kcal (10.3%), Fat: 14.31g (22.01%), Saturated Fat: 4.51g (28.18%), Carbohydrates: 14.45g (4.82%), Net Carbohydrates: 13.87g (5.04%), Sugar: 0.55g (0.61%), Cholesterol: 9.04mg (3.01%), Sodium: 158.36mg (6.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.04%), Selenium: 9.44µg (13.48%), Manganese: 0.18mg (9.01%), Vitamin B1: 0.13mg (8.57%), Vitamin K: 8.04µg (7.66%), Vitamin B2: 0.12mg (7.17%), Calcium: 69.95mg (7%), Vitamin B3: 1.34mg (6.71%), Folate: 26.22µg (6.55%), Phosphorus: 64.81mg (6.48%), Iron: 0.88mg (4.92%), Vitamin B12: 0.25µg (4.23%), Zinc: 0.52mg (3.45%), Vitamin A: 170.97IU (3.42%), Fiber: 0.59g (2.34%), Copper: 0.04mg (2.21%), Magnesium: 8.78mg (2.2%), Vitamin E: 0.23mg (1.56%), Vitamin C: 1.15mg (1.4%), Potassium: 48.79mg (1.39%)