



food
network

Tomato Basil Tartlets

READY IN



35 min.

SERVINGS



6

CALORIES



2300 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 basil leaves chopped
- 8 cherry tomatoes quartered
- 6 servings fleur del sel
- 2.5 ounces fontina shredded
- 0.3 cup olive tapenade
- 10 sheets puff pastry frozen thawed (10 by 9-inch)

Equipment

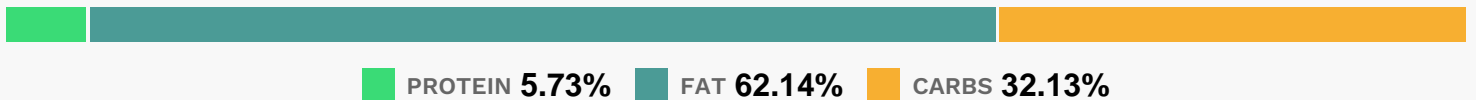
- baking sheet

- baking paper
- oven
- cookie cutter

Directions

- Special equipment: a 2 1/4-inch round cookie cutter
- Place an oven rack in the center of the oven and preheat to 400 degrees F. Line a baking sheet with parchment paper.
- Place the pastry on a lightly floured work surface. Using the tines of a fork, prick the pastry all over. Using a 2 1/4-inch round cookie cutter, cut out 16 rounds of pastry.
- Place the pastry rounds on the prepared baking sheet.
- Lay a piece of parchment paper on top of the pastry rounds.
- Place another baking sheet directly on top of the parchment paper to keep the pastry even while baking.
- Bake for 10 to 12 minutes until golden.
- Remove the top baking sheet and the top piece of parchment paper.
- Spread 1 teaspoon of tapenade on each pastry round.
- Place about 1 tablespoon of cheese on top. Arrange 2 pieces of tomato on the cheese.
- Bake for 5 to 7 minutes until the cheese has melted.
- Remove from the oven and sprinkle the chopped basil on top.
- Transfer the tartlets to a platter and garnish with a pinch of fleur de sel.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:99.75, Inflammation Score:-8, Nutrition Score:36.124347408181%

Flavonoids

Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 2300.04kcal (115%), Fat: 159.28g (245.04%), Saturated Fat: 41.65g (260.29%), Carbohydrates: 185.26g (61.75%), Net Carbohydrates: 178.97g (65.08%), Sugar: 3.77g (4.19%), Cholesterol: 13.7mg (4.57%), Sodium: 1307.55mg (56.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.06g (66.12%), Selenium: 100.64µg (143.78%), Vitamin B1: 1.64mg (109.06%), Manganese: 2.02mg (101.16%), Vitamin B3: 17.16mg (85.81%), Folate: 322.43µg (80.61%), Vitamin B2: 1.18mg (69.7%), Vitamin K: 68.34µg (65.09%), Iron: 10.65mg (59.16%), Phosphorus: 292.44mg (29.24%), Fiber: 6.29g (25.16%), Copper: 0.49mg (24.36%), Zinc: 2.61mg (17.42%), Magnesium: 69.29mg (17.32%), Vitamin E: 2.37mg (15.78%), Calcium: 109.12mg (10.91%), Potassium: 307.28mg (8.78%), Vitamin C: 5.24mg (6.35%), Vitamin B6: 0.11mg (5.7%), Vitamin A: 243.87IU (4.88%), Vitamin B12: 0.2µg (3.31%)