



Tomato-Feta Bites

 Vegetarian

READY IN



15 min.

SERVINGS



100

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons olive oil extra virgin
- ☐ 8 ounces feta cheese crumbled
- ☐ 0.3 cup herbs fresh chopped (such as oregano, basil, thyme, chives, and parsley)
- ☐ 0.5 cup kalamata olives chopped
- ☐ 17.3 ounce puff pastry sheets frozen thawed
- ☐ 8 roma tomatoes sliced

Equipment

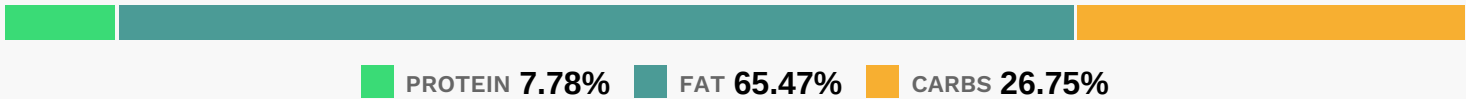
- ☐ baking sheet

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ Place pastry sheets on a lightly floured work surface, and roll into 2 (8- x 12-inch) rectangles. Pierce dough with fork.
- ☐ Cut each pastry sheet into 24 squares; place on aluminum foil-lined baking sheets.
- ☐ Place 1 tomato slice on each pastry square. Top evenly with olives and feta; drizzle with olive oil.
- ☐ Bake 15 to 18 minutes or until pastry is puffed and golden.
- ☐ Sprinkle with herbs before serving.

Nutrition Facts



Properties

Glycemic Index:1.53, Glycemic Load:1.27, Inflammation Score:-1, Nutrition Score:1.0821739174426%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 37.43kcal (1.87%), Fat: 2.75g (4.23%), Saturated Fat: 0.83g (5.18%), Carbohydrates: 2.53g (0.84%), Net Carbohydrates: 2.37g (0.86%), Sugar: 0.17g (0.19%), Cholesterol: 2.02mg (0.67%), Sodium: 48.93mg (2.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.47%), Vitamin K: 3.86µg (3.68%), Selenium: 1.53µg (2.19%), Vitamin B2: 0.03mg (2.01%), Vitamin B1: 0.03mg (1.67%), Manganese: 0.03mg (1.52%), Folate: 5.54µg (1.39%), Vitamin A: 66.23IU (1.32%), Vitamin B3: 0.26mg (1.3%), Calcium: 12.73mg (1.27%), Phosphorus: 11.89mg (1.19%), Vitamin C: 0.88mg (1.07%)