



Upside-Down Mushroom Tartlets

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



305 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 sheet puff pastry frozen thawed cut into six 3-inch rounds
- 1 tablespoon olive oil extra virgin extra-virgin plus more for muffin pan
- 1 large shallots diced
- 1 pound crimini mushrooms sliced
- 1 serving coarse mustard
- 2 teaspoons thyme sprigs fresh plus more for serving
- 2 ounces gruyere cheese grated

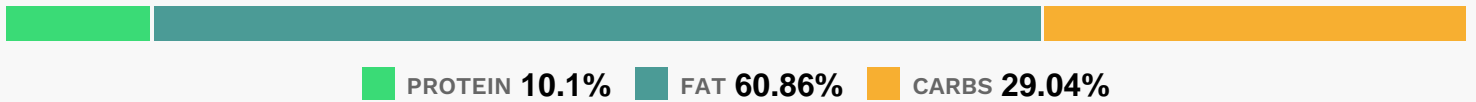
Equipment

- frying pan
- baking sheet
- oven
- knife
- muffin liners

Directions

- Preheat oven to 375 degrees.
- Place puff pastry rounds in a single layer on a parchment-lined baking sheet and refrigerate while mushrooms cook. In a large skillet, heat oil over medium-high.
- Add shallot and cook, stirring, until soft, 3 minutes.
- Add mushrooms and cook, stirring, until soft and browned, 10 minutes. Season with salt and pepper. Stir in thyme and remove skillet from heat.
- Lightly oil 6 jumbo muffin cups. Divide mushroom mixture and cheese among cups, then top each with a chilled pastry round.
- Bake until pastry is golden brown and puffed, about 25 minutes, rotating pan halfway through.
- Run a small knife around cups to loosen tartlets.
- Place a rimmed baking sheet or large plate over pan and invert to release tartlets.
- Sprinkle with more thyme.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:10.17, Inflammation Score:-7, Nutrition Score:11.905652206877%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg

Nutrients (% of daily need)

Calories: 305.46kcal (15.27%), Fat: 21.06g (32.4%), Saturated Fat: 6.06g (37.89%), Carbohydrates: 22.61g (7.54%), Net Carbohydrates: 21.28g (7.74%), Sugar: 1.98g (2.2%), Cholesterol: 10.39mg (3.46%), Sodium: 183.46mg (7.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.86g (15.73%), Selenium: 31.24µg (44.63%), Vitamin B2: 0.52mg (30.4%), Vitamin B3: 4.61mg (23.05%), Copper: 0.44mg (21.78%), Phosphorus: 176.5mg (17.65%), Manganese: 0.34mg (16.77%), Vitamin B1: 0.24mg (16.29%), Folate: 53.47µg (13.37%), Vitamin B5: 1.2mg (12.04%), Calcium: 117.92mg (11.79%), Potassium: 390.49mg (11.16%), Zinc: 1.45mg (9.67%), Iron: 1.56mg (8.65%), Vitamin K: 8.28µg (7.89%), Vitamin B6: 0.12mg (5.83%), Fiber: 1.33g (5.31%), Magnesium: 19.08mg (4.77%), Vitamin E: 0.6mg (3.97%), Vitamin B12: 0.23µg (3.78%), Vitamin A: 122.42IU (2.45%), Vitamin C: 1.4mg (1.7%)