

Baby Cheddar Tarts

Most Loved Appetizers
Company's Coming Publishing Limited

Yield: 24 tarts

1/2 cup hard margarine (or butter), softened
4 ounces cream cheese, softened
1 cup all-purpose flour
1 cup medium Cheddar cheese, grated
1 large egg
1/2 cup milk
1/4 teaspoon onion salt
1/4 teaspoon salt

Bake: 25 minutes

Preheat the oven to 350 degrees.

For the pastry: In a medium bowl, beat the margarine and cream cheese until smooth and light.

Add the flour. Mix well. Roll into a long thin log. Cut into 24 slices. Press into small tart pans to form shells.

For the filling: Divide the Cheddar cheese evenly among the tart shells.

In a small bowl, beat the egg until frothy. Add the milk, onion salt and salt. Mix well. Divide and spoon over the cheese in the shells.

Bake for 20 to 25 minutes until set.

Pre-made frozen phyllo mini-tarts may be used as a substitute.

Per Serving (excluding unknown items): 1000 Calories; 50g Fat (45.1% calories from fat); 32g Protein; 105g Carbohydrate; 3g Dietary Fiber; 353mg Cholesterol; 1400mg Sodium. Exchanges: 6 1/2 Grain(Starch); 2 Lean Meat; 1/2 Non-Fat Milk; 8 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1000	Vitamin B6 (mg):	.2mg
% Calories from Fat:	45.1%	Vitamin B12 (mcg):	1.6mcg
% Calories from Carbohydrates:	42.1%	Thiamin B1 (mg):	1.1mg
% Calories from Protein:	12.8%	Riboflavin B2 (mg):	1.3mg
Total Fat (g):	50g	Folacin (mcg):	238mcg

Saturated Fat (g): 29g
Monounsaturated Fat (g): 14g
Polyunsaturated Fat (g): 3g
Cholesterol (mg): 353mg
Carbohydrate (g): 105g
Dietary Fiber (g): 3g
Protein (g): 32g
Sodium (mg): 1400mg
Potassium (mg): 521mg
Calcium (mg): 285mg
Iron (mg): 8mg
Zinc (mg): 3mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 2016IU
Vitamin A (r.e.): 604RE

Niacin (mg): 8mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 6 1/2
Lean Meat: 2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1/2
Fat: 8 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1000 **Calories from Fat:** 451

% Daily Values*

Total Fat	50g	77%
Saturated Fat	29g	146%
Cholesterol	353mg	118%
Sodium	1400mg	58%
Total Carbohydrates	105g	35%
Dietary Fiber	3g	14%
Protein	32g	
Vitamin A		40%
Vitamin C		2%
Calcium		28%
Iron		45%

* Percent Daily Values are based on a 2000 calorie diet.