

Cheese Tarts

Most Loved Appetizers
Company's Coming Publishing Limited

Yield: 24 tarts

1/2 cup milk
1 large egg
1/2 cup medium Cheddar cheese, grated
1/2 cup Havarti (or other white cheese), grated
1 tablespoon onion, chopped
1/4 teaspoon salt
pinch pepper
pinch dry mustard
24 frozen mini-tart shells, thawed

Bake: 25 minutes

Preheat the oven to 350 degrees.

In a blender, place the milk, egg, Cheddar, Havarti, onion, salt, pepper and mustard. Process until smooth.

Place the tart shells on an ungreased baking sheet. Divide the cheese mixture among the tart shells.

Bake for 20 to 25 minutes until set.

Remove from the oven and serve.

Per Serving (excluding unknown items): 153 Calories; 9g Fat (54.0% calories from fat); 10g Protein; 7g Carbohydrate; trace Dietary Fiber; 229mg Cholesterol; 663mg Sodium. Exchanges: 1 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 1 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	153	Vitamin B6 (mg):	.1mg
% Calories from Fat:	54.0%	Vitamin B12 (mcg):	1.1mcg
% Calories from Carbohydrates:	18.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	27.6%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	9g	Folacin (mcg):	32mcg
Saturated Fat (g):	4g	Niacin (mg):	trace
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	229mg	% Daily Value:	n n%
	7g		

Food Exchanges

