

Date and Blue Cheese Tarts

Most Loved Appetizers
Company's Coming Publishing Limited

Yield: 24 tarts

pastry for a two-crust pie
2 large eggs
1/3 cup buttermilk
1/2 teaspoon ground nutmeg
1/2 cup finely chopped dates
1 1/2 ounces (1/3 cup) blue cheese,
crumbled

Bake: 15 minutes

Preheat the oven to 375 degrees.

Roll out the pastry on a lightly-floured surface to 1/4-inch thickness. Cut 24 circles with a 3-1/4 inch cutter. Press the circles into ungreased mini-muffin cups.

In a medium bowl, beat the eggs, buttermilk and nutmeg.

Add the dates and blue cheese. Stir. Fill each tart shell with two teaspoons of the date mixture.

Bake for about 15 minutes until set.

(You can freeze the baked tarts in an airtight container for up to three months. Just before serving, reheat thawed tarts in a 325 degree oven for 15 to 20 minutes or frozen tarts for 30 to 40 minutes until heated through.)

Per Serving (excluding unknown items): 787 Calories; 60g Fat (68.9% calories from fat); 52g Protein; 9g Carbohydrate; trace Dietary Fiber; 555mg Cholesterol; 2598mg Sodium. Exchanges: 0 Grain(Starch); 6 1/2 Lean Meat; 1/2 Non-Fat Milk; 7 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	787	Vitamin B6 (mg):	.4mg
% Calories from Fat:	68.9%	Vitamin B12 (mcg):	3.5mcg
% Calories from Carbohydrates:	4.7%	Thiamin B1 (mg):	.2mg

% Calories from Protein: 26.4%
Total Fat (g): 60g
Saturated Fat (g): 36g
Monounsaturated Fat (g): 17g
Polyunsaturated Fat (g): 3g
Cholesterol (mg): 555mg
Carbohydrate (g): 9g
Dietary Fiber (g): trace
Protein (g): 52g
Sodium (mg): 2598mg
Potassium (mg): 696mg
Calcium (mg): 1046mg
Iron (mg): 2mg
Zinc (mg): 6mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 1742IU
Vitamin A (r.e.): 514RE

Riboflavin B2 (mg): 1.2mg
Folacin (mcg): 115mcg
Niacin (mg): 2mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 6 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1/2
Fat: 7 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 787 **Calories from Fat:** 542

% Daily Values*

Total Fat	60g	92%
Saturated Fat	36g	178%
Cholesterol	555mg	185%
Sodium	2598mg	108%
Total Carbohydrates	9g	3%
Dietary Fiber	trace	1%
Protein	52g	
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Vitamin A		35%
Vitamin C		1%
Calcium		105%
Iron		14%

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