

Hot Brown Tarts

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CpommunityTable.com

Yield: 45 appetizers

1 package (8 ounce) cream cheese,
softened
1/2 cup 2% milk
8 slices cooked bacon, crumbled
1 cup deli turkey, finely chopped
1/2 cup Cheddar cheese, shredded
1/2 cup Parmesan cheese, shredded
sprinkle pepper
45 miniature phyllo shells
grape tomatoes (for garnish),
quartered
pieces of bacon (for garnish)

Preheat the oven to 350 degrees.

In a bowl, combine the cream cheese, milk,
bacon, turkey, Cheddar, Parmesan and pepper.
Stir until blended.

Arrange the phyllo shells on a large rimmed
baking sheet.

Spoon the cheese mixture into each shell..

Bake for 15 to 18 minutes until slightly browned.

Remove from the oven. Cool for 5 minutes.

Top each tart with a quartered grape tomato and
a piece of bacon.

Per Serving (excluding unknown
items): 1573 Calories; 139g Fat
(79.2% calories from fat); 68g
Protein; 14g Carbohydrate; 0g
Dietary Fiber; 398mg Cholesterol;
2651mg Sodium. Exchanges: 9
Lean Meat; 1/2 Non-Fat Milk; 22
1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1573	Vitamin B6 (mg):	.3mg
% Calories from Fat:	79.2%	Vitamin B12 (mcg):	3.3mcg
% Calories from Carbohydrates:	3.7%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	17.1%	Riboflavin B2 (mg):	1.0mg
Total Fat (g):	139g	Folacin (mcg):	53mcg
Saturated Fat (g):	81g	Niacin (mg):	4mg
Monounsaturated Fat (g):	44g	Caffeine (mg):	0mg

Polyunsaturated Fat (g): 7g
Cholesterol (mg): 398mg
Carbohydrate (g): 14g
Dietary Fiber (g): 0g
Protein (g): 68g
Sodium (mg): 2651mg
Potassium (mg): 810mg
Calcium (mg): 1299mg
Iron (mg): 4mg
Zinc (mg): 6mg
Vitamin C (mg): 18mg
Vitamin A (i.u.): 4442IU
Vitamin A (r.e.): 1332RE

Alcohol (kcal): 0
% Refuse: 00%

Food Exchanges

Grain (Starch): 0
Lean Meat: 9
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1/2
Fat: 22 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1573 **Calories from Fat:** 1246

% Daily Values*

Total Fat 139g	214%
Saturated Fat 81g	404%
Cholesterol 398mg	133%
Sodium 2651mg	110%
Total Carbohydrates 14g	5%
Dietary Fiber 0g	0%
Protein 68g	
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Vitamin A	89%
Vitamin C	30%
Calcium	130%
Iron	24%

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