

Mini Goat Cheese and Semi-Dried Tomato Quiches

The Essential Appetizers Cookbook (1999)
Whitecap Books

Yield: 24 quiches

2 sheets ready-rolled shortcut pastry
2 ounces goat cheese, crumbled
2 ounces semi-dried tomatoes, chopped
2 eggs
1/2 cup milk
3 tablespoons fresh basil, chopped
salt (to taste)
pepper (to taste)

Preheat the oven to 400 degrees, Grease two mini muffin tins.

Lay the pastry sheets on a floured work surface. Cut twelve rounds from each with a three-inch pastry cutter. Press the rounds into the muffin cups.

In a bowl, mix together the goat cheese and tomatoes. Place a small amount in the bottom of each pastry shell.

In a bowl, beat the eggs and milk with the basil. Season to taste with salt and pepper. Pour the mixture into the pastry shells.

Bake for 15 to 20 minutes or until puffed and golden.

Per Serving (excluding unknown items): 481 Calories; 34g Fat (64.6% calories from fat); 34g Protein; 8g Carbohydrate; trace Dietary Fiber; 500mg Cholesterol; 396mg Sodium. Exchanges: 4 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 4 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	481	Vitamin B6 (mg):	.2mg
% Calories from Fat:	64.6%	Vitamin B12 (mcg):	1.8mcg
% Calories from Carbohydrates:	6.7%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	28.6%	Riboflavin B2 (mg):	1.3mg

Total Fat (g): 34g
Saturated Fat (g): 20g
Monounsaturated Fat (g): 10g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 500mg
Carbohydrate (g): 8g
Dietary Fiber (g): trace
Protein (g): 34g
Sodium (mg): 396mg
Potassium (mg): 383mg
Calcium (mg): 717mg
Iron (mg): 3mg
Zinc (mg): 3mg
Vitamin C (mg): 3mg
Vitamin A (i.u.): 1261IU
Vitamin A (r.e.): 310 1/2RE

Folacin (mcg): 61mcg
Niacin (mg): 2mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 4
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1/2
Fat: 4
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 481 **Calories from Fat:** 311

% Daily Values*

Total Fat	34g	53%
Saturated Fat	20g	98%
Cholesterol	500mg	167%
Sodium	396mg	17%
Total Carbohydrates	8g	3%
Dietary Fiber	trace	1%
Protein	34g	
Vitamin A		25%
Vitamin C		4%
Calcium		72%
Iron		18%

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