

# Mini Smoked Salmon and Eggs Tarts

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## Yield: 15 minitarts

1 box (15 each) frozen phyllo mini-tarts  
3 tablespoons creme fraiche  
2 teaspoons lemon juice  
1/4 teaspoon lemon zest  
salt  
pepper  
scrambled eggs  
smoked salmon  
red onion (for garnish)  
dill (for garnish)

Preheat the oven to 375 degrees.

Place the frozen mini-tarts on a parchment-lined baking sheet.

Bake the tarts until browned and crisp (about 5 minutes). Remove to a platter to cool.

In a bowl, combine the creme fraiche, lemon juice and lemon zest.

Fill the prebaked shells with the scrambled eggs and smoked salmon. Top with the creme fraiche mixture.

Garnish with red onion and dill.

Start to Finish Time: 20 minutes

*You may buy boxes of 15 frozen mini-tarts in your grocers frozen dessert section.*

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Per Serving (excluding unknown items): 126 Calories; 13g Fat (88.6% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 40mg Cholesterol; 20mg Sodium. Exchanges: 0 Fruit; 0 Non-Fat Milk; 2 1/2 Fat.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	126	Vitamin B6 (mg):	trace
% Calories from Fat:	88.6%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	7.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	3.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	13g	Folacin (mcg):	5mcg
Saturated Fat (g):	8g	Niacin (mg):	trace
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0

Cholesterol (mg):	40mg
Carbohydrate (g):	2g
Dietary Fiber (g):	trace
Protein (g):	1g
Sodium (mg):	20mg
Potassium (mg):	61mg
Calcium (mg):	41mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	6mg
Vitamin A (i.u.):	501IU
Vitamin A (r.e.):	145 1/2RE

% Daily Values: 0 0%

### Food Exchanges

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

## Nutrition Facts

### Amount Per Serving

Calories 126                      Calories from Fat: 112

### % Daily Values\*

<b>Total Fat</b> 13g	20%
Saturated Fat 8g	40%
<b>Cholesterol</b> 40mg	13%
<b>Sodium</b> 20mg	1%
<b>Total Carbohydrates</b> 2g	1%
Dietary Fiber trace	0%
<b>Protein</b> 1g	
<b>Vitamin A</b>	10%
<b>Vitamin C</b>	9%
<b>Calcium</b>	4%
<b>Iron</b>	0%

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