

Mini Spinach-Goat Cheese Tarts

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Yield: 15 minitarts

1 box (15 each) frozen phyllo mini-tarts
1/3 cup frozen spinach, thawed and squeezed dry
4 ounces cream cheese
2 tablespoons mayonnaise
2 tablespoons grated parmesan cheese
1 small clove garlic
sliced grape tomatoes (for garnish)
crumbled goat cheese (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 food processor, pulse the spinach, cream cheese, mayonnaise, parmesan and garlic.

Divide the mixture among the prebaked shells. Top with the grape tomatoes and goat cheese.

Return the shells to the baking sheet. Bake until the cheese softens, about 15 minutes.

Start to Finish Time: 20 minutes

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

Per Serving (excluding unknown items): 655 Calories; 66g Fat (87.6% calories from fat); 15g Protein; 6g Carbohydrate; 2g Dietary Fiber; 142mg Cholesterol; 716mg Sodium. Exchanges: 2 Lean Meat; 1/2 Vegetable; 9 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	655	Vitamin B6 (mg):	.3mg
% Calories from Fat:	87.6%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	3.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	8.7%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	66g	Folacin (mcg):	80mcg
Saturated Fat (g):	30g	Niacin (mg):	trace
Monounsaturated Fat (g):	18g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	13g	Alcohol (kcal):	0

Cholesterol (mg):	142mg
Carbohydrate (g):	6g
Dietary Fiber (g):	2g
Protein (g):	15g
Sodium (mg):	716mg
Potassium (mg):	334mg
Calcium (mg):	296mg
Iron (mg):	3mg
Zinc (mg):	1mg
Vitamin C (mg):	13mg
Vitamin A (i.u.):	5759IU
Vitamin A (r.e.):	923 1/2RE

% Daily Values 0 0%

Food Exchanges

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

Nutrition Facts

Amount Per Serving

Calories 655 Calories from Fat: 574

% Daily Values*

Total Fat 66g	102%
Saturated Fat 30g	150%
Cholesterol 142mg	47%
Sodium 716mg	30%
Total Carbohydrates 6g	2%
Dietary Fiber 2g	6%
Protein 15g	
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Vitamin A	115%
Vitamin C	22%
Calcium	30%
Iron	15%

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