

Mini Tex-Mex Tarts

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Yield: 15 minitarts

1 box (15 each) frozen phyllo mini-tarts

1/2 cup grated cheddar cheese

1/2 cup pepper jack cheese

2 ounces cream cheese

2 tablespoons mayonnaise

pico de gallo

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 cheddar, pepper jack, cream cheese and mayonnaise until combined.

Divide the mixture among the prebaked shells. Return the shells to the baking sheet. Bake until bubbling, about 15 minutes.

Top with pico de gallo.

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): 623 Calories; 62g Fat (86.9% calories from fat); 19g Protein; 2g Carbohydrate; 0g Dietary Fiber; 131mg Cholesterol; 676mg Sodium. Exchanges: 2 1/2 Lean Meat; 8 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	623	Vitamin B6 (mg):	.2mg
% Calories from Fat:	86.9%	Vitamin B12 (mcg):	.8mcg
% Calories from Carbohydrates:	1.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	11.7%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	62g	Folacin (mcg):	20mcg
Saturated Fat (g):	28g	Niacin (mg):	trace

Monounsaturated Fat (g): 17g
Polyunsaturated Fat (g): 13g
Cholesterol (mg): 131mg
Carbohydrate (g): 2g
Dietary Fiber (g): 0g
Protein (g): 19g
Sodium (mg): 676mg
Potassium (mg): 133mg
Calcium (mg): 459mg
Iron (mg): 1mg
Zinc (mg): 2mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 1487IU
Vitamin A (r.e.): 439 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 2 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 8
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 623 Calories from Fat: 542

% Daily Values*

Total Fat	62g		95%
	Saturated Fat	28g	138%
Cholesterol	131mg		44%
Sodium	676mg		28%
Total Carbohydrates	2g		1%
	Dietary Fiber	0g	0%
Protein	19g		
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Vitamin A			30%
Vitamin C			0%
Calcium			46%
Iron			7%

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