

Cheese Tarts

Most Loved Appetizers
Company's Coming Publishing Limited

Yield: 24 tarts

1/2 cup milk
1 large egg
1/2 cup medium Cheddar cheese, grated
1/2 cup Havarti (or other white cheese), grated
1 tablespoon onion, chopped
1/4 teaspoon salt
pinch pepper
pinch dry mustard
24 frozen mini-tart shells, thawed

Bake: 25 minutes

Preheat the oven to 350 degrees.

In a blender, place the milk, egg, Cheddar, Havarti, onion, salt, pepper and mustard. Process until smooth.

Place the tart shells on an ungreased baking sheet. Divide the cheese mixture among the tart shells.

Bake for 20 to 25 minutes until set.

Remove from the oven and serve.

Per Serving (excluding unknown items): 153 Calories; 9g Fat (54.0% calories from fat); 10g Protein; 7g Carbohydrate; trace Dietary Fiber; 229mg Cholesterol; 663mg Sodium. Exchanges: 1 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 1 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	153	Vitamin B6 (mg):	.1mg
% Calories from Fat:	54.0%	Vitamin B12 (mcg):	1.1mcg
% Calories from Carbohydrates:	18.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	27.6%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	9g	Folacin (mcg):	32mcg
Saturated Fat (g):	4g	Niacin (mg):	trace
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	229mg	% Daily Value:	n n%
	7g		

Food Exchanges

Carbohydrate (g):		Grain (Starch):	0
Dietary Fiber (g):	trace	Lean Meat:	1
Protein (g):	10g	Vegetable:	0
Sodium (mg):	663mg	Fruit:	0
Potassium (mg):	267mg	Non-Fat Milk:	1/2
Calcium (mg):	177mg	Fat:	1
Iron (mg):	1mg	Other Carbohydrates:	0
Zinc (mg):	1mg		
Vitamin C (mg):	2mg		
Vitamin A (i.u.):	398IU		
Vitamin A (r.e.):	116 1/2RE		

Nutrition Facts

Amount Per Serving

Calories	153	Calories from Fat:	82
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% Daily Values*

Total Fat	9g	14%
Saturated Fat	4g	20%
Cholesterol	229mg	76%
Sodium	663mg	28%
Total Carbohydrates	7g	2%
Dietary Fiber	trace	1%
Protein	10g	
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Vitamin A		8%
Vitamin C		3%
Calcium		18%
Iron		6%

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