

Florentine Tarts

Beechmont Inn - Hanover, PA

The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 12

1 onion, minced
1/2 cup butter, melted
1/2 package (10 ounce) frozen spinach
1/2 teaspoon celery seed
1/2 teaspoon dry mustard
1/2 teaspoon Beaumonde seasoning
1/2 teaspoon nutmeg
1 cup diced ham OR smoked turkey
2 tablespoons + 1/2 cup flour
12 eggs
2 tablespoons confectioner's sugar
1 teaspoon baking powder
1 pound shredded cheese
1 pound large curd cottage cheese

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Preheat the oven to 350 degrees.

In a skillet, saute' the onion in the butter. Add the spinach, spices, meat and two tablespoons of flour.

In a bowl, whisk together the eggs, 1/2 cup of flour, sugar and baking powder. Add the cheeses. Add the spinach mixture.

Ladle into muffin tins until full.

Bake for 15 minutes.

Unmold and serve.

Per Serving (excluding unknown items): 229 Calories; 13g Fat (51.3% calories from fat); 9g Protein; 19g Carbohydrate; 1g Dietary Fiber; 233mg Cholesterol; 194mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 0 Vegetable; 2 Fat; 0 Other Carbohydrates.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):	229	Vitamin B6 (mg):	.1mg
% Calories from Fat:	51.3%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	33.1%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	15.6%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	13g	Folacin (mcg):	39mcg
Saturated Fat (g):	6g	Niacin (mg):	1mg
		Caffeine (mg):	0mg

Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	233mg
Carbohydrate (g):	19g
Dietary Fiber (g):	1g
Protein (g):	9g
Sodium (mg):	194mg
Potassium (mg):	129mg
Calcium (mg):	65mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	2mg
Vitamin A (i.u.):	1038IU
Vitamin A (r.e.):	192RE

Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 229	Calories from Fat: 117
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% Daily Values*

Total Fat 13g	20%
Saturated Fat 6g	32%
Cholesterol 233mg	78%
Sodium 194mg	8%
Total Carbohydrates 19g	6%
Dietary Fiber 1g	4%
Protein 9g	
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Vitamin A	21%
Vitamin C	4%
Calcium	6%
Iron	12%

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