

# Mini Tuna Tartare Tarts

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## Yield: 15 minitarts

1 box (15 each) frozen phyllo mini-tarts

4 ounces sushi-grade tuna, diced

1/4 avocado, diced

1 tablespoon soy sauce

1 tablespoon chopped cilantro

2 teaspoons sesame oil

juice of one lime

toasted sesame seeds (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 tuna, avocado, soy sauce, cilantro, sesame oil and lime juice.

Divide the mixture among the prebaked shells.

Garnish with toasted sesame seeds.

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): 171 Calories; 17g Fat (83.9% calories from fat); 2g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1034mg Sodium. Exchanges: 1/2 Vegetable; 0 Fruit; 3 1/2 Fat.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	171	Vitamin B6 (mg):	.2mg
% Calories from Fat:	83.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	11.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	4.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	17g	Folacin (mcg):	35mcg
Saturated Fat (g):	3g	Niacin (mg):	2mg
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value:	n n%
	5g		

## Food Exchanges

**Carbohydrate (g):**  
**Dietary Fiber (g):** 1g  
**Protein (g):** 2g  
**Sodium (mg):** 1034mg  
**Potassium (mg):** 339mg  
**Calcium (mg):** 9mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 4mg  
**Vitamin A (i.u.):** 373IU  
**Vitamin A (r.e.):** 37RE

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 3 1/2  
**Other Carbohydrates:** 0

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## Nutrition Facts

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### Amount Per Serving

**Calories** 171                      **Calories from Fat:** 144

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### % Daily Values\*

<b>Total Fat</b> 17g	26%
Saturated Fat 3g	13%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 1034mg	43%
<b>Total Carbohydrates</b> 5g	2%
Dietary Fiber 1g	6%
<b>Protein</b> 2g	
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<b>Vitamin A</b>	7%
<b>Vitamin C</b>	7%
<b>Calcium</b>	1%
<b>Iron</b>	5%

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