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

Appetizers

Dar Carrina Mutritianal Analysis

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

1

| Carbohydrate (g): | | Grain (Starch): | 0 |
|--------------------|-----------|----------------------|-----|
| Dietary Fiber (g): | trace | Lean Neat: | 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 | | | |
| | % 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 | | | | |
| Vitamin A | 8% | | | |
| Vitamin C | 3% | | | |
| Calcium | 18% | | | |
| Iron | 6% | | | |

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