

Peach Brie Pastry Tarts

Diabetes Friendly

Makes: 4 tarts

Ingredients:

- 1 sheet of puff pastry, defrosted at room temperature
- 3 oz brie cheese
- 1 peach, thinly sliced into wedges
- 1 egg
- honey, for serving

Directions:

1. Thaw the puff pastry and cut into 4 squares.
2. Wash the peaches, remove the pit, and cut into ¼ inch slices.
3. Slice brie into thin strips.
4. Top each piece of puff pastry with a thin slice of brie
5. Place sliced peaches on top.
6. Fold the edge of the pastry inward and brush with beaten egg.
7. Bake for 15-20 minutes, or until the pastry is golden brown.
8. Eat warm with honey.

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Peach Brie Pastry Tarts		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	331.6	
		% Daily Value*
Total Fat	22.7 g	29 %
Saturated Fat	6.3 g	32 %
Trans Fat	0.1 g	
Cholesterol	67.9 mg	23 %
Sodium	250.5 mg	11 %
Total Carbohydrate	23.1 g	8 %
Dietary Fiber	1.1 g	4 %
Total Sugars	4.7 g	
Added Sugars	1.4 g	3 %
Protein	9.2 g	
Vitamin D	0.4 mcg	2 %
Calcium	51.4 mg	4 %
Iron	1.4 mg	8 %
Potassium	135.5 mg	3 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

