

25 Easter Pork Tarts



Thematic

Ground pork, extra lean (97262)	3.3 lbs.		1.5 kg
Maple syrup	125 ml	½ cup	170 g
Ketchup	30 ml	2 tablespoons	30 g
Worcestershire sauce	15 ml	1 tablespoon	15 g
Cider vinegar	15 ml	1 tablespoon	15 g
Garlic cloves, chopped	2		5 g
Tart crusts	20		380 g

- : 20
- : 15 minutes
- : 45 minutes
- : yes

Nutrition Facts	
For 1 tartelette (70 g)	
Amount	% Daily Value
Calories 190	
Fat 6 g	9%
Saturated 1.5 g + trans 1 g	13%
Polyunsaturated 0.2 g	
Omega-6 0.2 g	
Omega-3 0 g	
Monounsaturated 1 g	
Cholesterol 45 mg	15%
Sodium 105 mg	4%
Potassium 310 mg	9%
Carbohydrates 16 g	5%
Fibre 0 g	0%
Sugar 9 g	
Protein 18 g	
Vitamin A 3 RE	0%
Vitamin C 1 mg	2%
Calcium 11 mg	2%
Iron 1.4 mg	10%
Phosphorus 171.5 mg	15%

- 1 Preheat oven to 180 °C (350 °F).
- 2 Mix first 6 ingredients and fill tart crusts.
- 3 Bake in preheated oven for 45 minutes.
- 4 Serve with your choice of salad.

Chef's Remarks

replacement product : also excellent with ground turkey (97272). Instead of filling tart crusts, you can use phyllo dough.

Canada's Food Guide Portions

⅔ serving of grain products + 1 serving of meat and alternatives.



Olymel Product Allergens

*Contains : none

Food Exchange System

½ serving of starch + 1 ¼ servings of other foods + 3 servings of meat and alternatives + ½ serving of fat.

*Verified allergens : peanuts, nuts, sesame seeds, milk, egg, grain containing gluten (wheat, barley, rye, oats, spelt, Kamut, triticale), soy (excluding refined soybean oil), fish, crustacea, mollusks, sulfite (max. 10 ppm). (Source: CFIA)