



## Alsatian Cheese Tart

READY IN



50 min.

SERVINGS



36

CALORIES



64 kcal

### Ingredients

- 6 oz bacon
- 0.3 teaspoon pepper black
- 0.5 cup curd cottage cheese
- 0.3 cup onion packed thinly sliced
- 1 tablespoon parmesan freshly grated
- 1 puff pastry thawed
- 0.3 teaspoon salt
- 0.3 cup cream sour

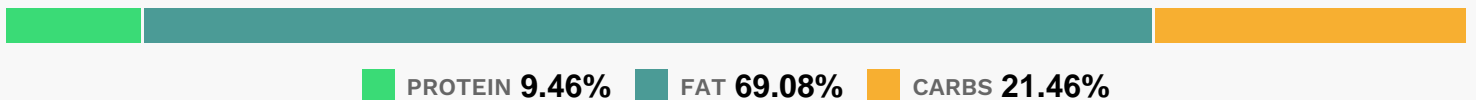
### Equipment

- frying pan
- baking sheet
- oven
- blender
- rolling pin

## Directions

- Put oven rack in middle position and preheat oven to 400°F.
- Roll out pastry on a lightly floured surface with a lightly floured rolling pin into a 12-inch square, then transfer to a large baking sheet.
- Blend cottage cheese, sour cream, salt, and pepper in a blender until smooth.
- Cook bacon in a 10-inch skillet over moderate heat, stirring occasionally, until it just begins to brown, about 5 minutes. (Bacon should be tender, not crisp.)
- Remove from heat.
- Spread cheese mixture evenly over pastry, leaving a 1-inch border all around. Scatter bacon and onion on top, then sprinkle with parmesan.
- Bake until pastry is golden brown, 20 to 25 minutes.
- Cut into 36 pieces and serve warm.

## Nutrition Facts



## Properties

Glycemic Index:4.69, Glycemic Load:1.72, Inflammation Score:-1, Nutrition Score:1.115217394155%

## Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

## Nutrients (% of daily need)

Calories: 64.39kcal (3.22%), Fat: 4.94g (7.6%), Saturated Fat: 1.52g (9.5%), Carbohydrates: 3.45g (1.15%), Net Carbohydrates: 3.32g (1.21%), Sugar: 0.25g (0.27%), Cholesterol: 4.65mg (1.55%), Sodium: 76.34mg (3.32%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.05%), Selenium: 2.98µg (4.25%), Vitamin B1: 0.04mg (2.8%), Vitamin B3: 0.48mg (2.4%), Manganese: 0.04mg (1.89%), Vitamin B2: 0.03mg (1.85%), Phosphorus: 18.15mg (1.82%), Folate: 6.05µg (1.51%), Iron: 0.2mg (1.12%), Vitamin K: 1.15µg (1.1%)