



Artichoke, Mushroom and Parma Ham Tart

READY IN



45 min.

SERVINGS



6

CALORIES



568 kcal

Ingredients

- 14 ounce artichoke hearts drained canned
- 0.7 cup butter diced
- 0.9 cup crème fraîche
- 1 eggs beaten
- 4 eggs
- 1 teaspoon flat parsley chopped
- 1.8 cups flour all-purpose sifted
- 8 ounces mushrooms fresh sliced
- 8 ounces mushrooms fresh sliced
- 6 servings pepper black to taste

- 3 ounces ham
- 0.3 cup milk
- 1 tablespoon olive oil
- 2 ounces parmesan cheese grated
- 6 servings salt to taste

Equipment

- food processor
- frying pan
- oven
- aluminum foil

Directions

- Place flour, parmesan cheese, butter, and a pinch of salt in food processor. Process briefly.
- Add the egg and 1 tablespoon oil through feeder tube, adding extra oil if necessary; you should be able to bring the dough together in your hands. Wrap in plastic, and chill for 1 hour.
- Roll out to fit a 9 inch quiche pan with a loose bottom. Prick all over. Chill for at least 2 hours, preferably overnight.
- Line pastry with foil, and cover bottom with uncooked beans.
- Bake at 375 degrees F (190 degrees C) for 15 minutes.
- Remove foil and beans, and cook for 5 more minutes.
- Remove and cool.
- Saute; mushrooms in 1 tablespoon olive oil for 10 minutes.
- Drain and cool.
- Lay ham over the pastry base, and top with mushrooms and artichokes. Beat together creme fraiche, eggs, parsley, and milk. Season well with black pepper and salt; pour mixture over the ham and vegetables.
- Bake for 40 minutes, until golden.
- Serve warm or cold.

Nutrition Facts

PROTEIN 13.03% FAT 61.34% CARBS 25.63%

Properties

Glycemic Index:48.5, Glycemic Load:20.94, Inflammation Score:-7, Nutrition Score:18.445217516111%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg

Nutrients (% of daily need)

Calories: 567.54kcal (28.38%), Fat: 38.86g (59.78%), Saturated Fat: 20.48g (128.01%), Carbohydrates: 36.53g (12.18%), Net Carbohydrates: 33.75g (12.27%), Sugar: 4.06g (4.51%), Cholesterol: 229.05mg (76.35%), Sodium: 1006.04mg (43.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.57g (37.15%), Selenium: 38.93µg (55.61%), Vitamin B2: 0.8mg (47.02%), Phosphorus: 312.64mg (31.26%), Vitamin B1: 0.47mg (31.03%), Vitamin B3: 5.61mg (28.03%), Folate: 100.61µg (25.15%), Vitamin A: 1142.92IU (22.86%), Vitamin B5: 2.14mg (21.41%), Copper: 0.34mg (17.13%), Calcium: 170.01mg (17%), Iron: 2.93mg (16.28%), Manganese: 0.32mg (16.1%), Zinc: 2.05mg (13.67%), Potassium: 457.74mg (13.08%), Vitamin B12: 0.76µg (12.69%), Vitamin B6: 0.24mg (12.08%), Fiber: 2.78g (11.14%), Vitamin E: 1.57mg (10.47%), Vitamin D: 1.18µg (7.87%), Magnesium: 30.9mg (7.72%), Vitamin K: 4.53µg (4.32%), Vitamin C: 1.91mg (2.32%)