



Arugula, Fig and Prosciutto Tart

READY IN



45 min.

SERVINGS



10

CALORIES



296 kcal

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1.5 tablespoons olive oil extra virgin
- ☐ 8 figs fresh sliced
- ☐ 8 ounces manchego cheese grated
- ☐ 10 servings olive oil
- ☐ 6 slices pancetta
- ☐ 1 inch by rectangle of puff pastry frozen thawed
- ☐ 10 servings salt and pepper

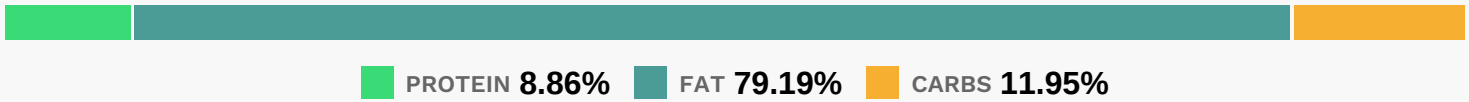
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ reheat an oven to 400°F. Line a large rimmed baking sheet with parchment paper.On a floured work surface, roll out the puff pastry into a rectangle .
- ☐ Transfer the dough to the baking sheet.Arrange fig slices and half of cheese on top.
- ☐ Bake until the crust puffs, about 15 minutes.Toss arugula with a splash of olive oil and salt and pepper, to taste. Top tart with arugula and prosciutto pieces.
- ☐ Cut into small portions and serve.

Nutrition Facts



Properties

Glycemic Index:16.7, Glycemic Load:4.58, Inflammation Score:-1, Nutrition Score:3.8665217200051%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 296.25kcal (14.81%), Fat: 26.32g (40.49%), Saturated Fat: 8.58g (53.62%), Carbohydrates: 8.94g (2.98%), Net Carbohydrates: 7.78g (2.83%), Sugar: 7.47g (8.31%), Cholesterol: 27.44mg (9.15%), Sodium: 366.05mg (15.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.63g (13.25%), Calcium: 258.94mg (25.89%), Vitamin E: 2.38mg (15.9%), Vitamin K: 11.61µg (11.06%), Fiber: 1.16g (4.66%), Vitamin A: 183.32IU (3.67%), Potassium: 109.8mg (3.14%), Manganese: 0.06mg (3.09%), Vitamin B6: 0.06mg (2.9%), Vitamin B1: 0.04mg (2.55%), Magnesium: 8.19mg (2.05%), Vitamin B3: 0.36mg (1.82%), Iron: 0.31mg (1.73%), Copper: 0.03mg (1.61%), Selenium: 1.11µg (1.58%), Vitamin B5: 0.15mg (1.47%), Vitamin B2: 0.02mg (1.45%), Phosphorus: 13.88mg (1.39%)