



## Bacon and Leek Tart

 Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



3991 kcal

### Ingredients

- 8 slices bacon cut into 2-inch pieces
- 2 leeks light white green cut into 2 1/2-inch strips ( and parts)
- 17.3 ounce puff-pastry sheets frozen thawed
- 4 ounces swiss cheese shredded

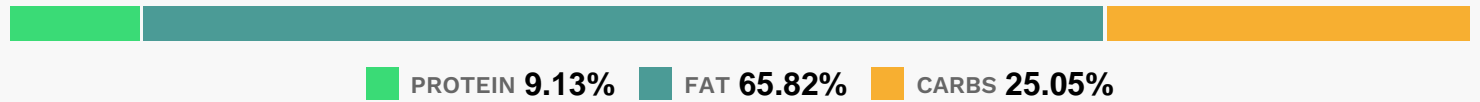
### Equipment

- frying pan
- baking sheet
- paper towels
- oven

## Directions

- Heat oven to 375 F. Cook the bacon in a skillet over medium heat until crisp, 6 minutes.
- Transfer to a paper towel-lined plate. Discard all but 1 tablespoon of the drippings and return to medium heat.
- Add the leeks and cook for 3 minutes. Unfold the puff pastry and place on 2 parchment-lined baking sheets.
- Sprinkle with the cheese and scatter the leeks and bacon over the tops.
- Bake until the pastry is golden brown and crisp, about 25 minutes.

## Nutrition Facts



## Properties

Glycemic Index:115, Glycemic Load:127.25, Inflammation Score:-10, Nutrition Score:65.883478061013%

## Flavonoids

Kaempferol: 4.75mg, Kaempferol: 4.75mg, Kaempferol: 4.75mg, Kaempferol: 4.75mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 3990.52kcal (199.53%), Fat: 292.4g (449.85%), Saturated Fat: 91.4g (571.28%), Carbohydrates: 250.35g (83.45%), Net Carbohydrates: 239.79g (87.2%), Sugar: 10.57g (11.75%), Cholesterol: 221.62mg (73.87%), Sodium: 2631.72mg (114.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 91.3g (182.6%), Selenium: 189.98µg (271.4%), Vitamin B1: 2.56mg (170.47%), Manganese: 3.27mg (163.73%), Vitamin K: 164.21µg (156.39%), Vitamin B3: 28.3mg (141.5%), Folate: 506.67µg (126.67%), Phosphorus: 1260.91mg (126.09%), Calcium: 1172.11mg (117.21%), Vitamin B2: 1.93mg (113.38%), Iron: 17.16mg (95.35%), Vitamin A: 3978.49IU (79.57%), Vitamin B12: 4.3µg (71.74%), Zinc: 9.85mg (65.64%), Vitamin B6: 1.07mg (53.26%), Magnesium: 186.85mg (46.71%), Copper: 0.9mg (45%), Fiber: 10.56g (42.24%), Vitamin E: 5.72mg (38.15%), Potassium: 1048.57mg (29.96%), Vitamin C: 21.36mg (25.89%), Vitamin B5: 1.71mg (17.12%), Vitamin D: 0.7µg (4.69%)