



Bacon, Onion, and Münster Tart

READY IN



60 min.

SERVINGS



1

CALORIES



3182 kcal

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 tablespoons cornmeal
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 pound alsatian münster cut into 1/2-in. dice
- ☐ 1 pound pizza dough store-bought
- ☐ 1 teaspoon vegetable oil for pan
- ☐ 2 cups onions yellow thinly sliced
- ☐ 0.5 pound meaty thick-cut

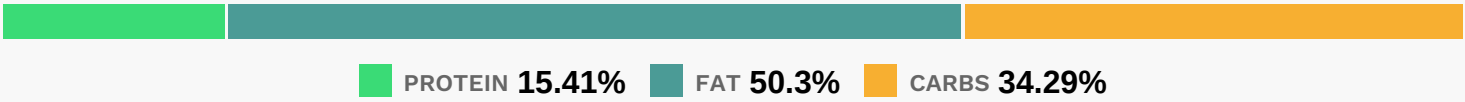
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ spatula
- ☐ rolling pin
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Preheat oven to 45
- ☐ Bring a medium pot of water to a boil.
- ☐ Pour oil into a 12- by 17-in. rimmed baking pan and lightly oil with a paper towel.
- ☐ Sprinkle pan with cornmeal.
- ☐ On a lightly floured surface, stretch dough with hands and/or roll with a rolling pin into a rectangle roughly the same size as the pan.
- ☐ Transfer dough to pan, stretching to fit. Fold over 1/2 in. of dough around edges to form a slightly raised rim for the tart. Prick dough all over with a fork.
- ☐ Add bacon to boiling water and blanch 30 seconds. With a slotted spoon, transfer to paper towels to drain.
- ☐ Add onions to water and blanch 2 minutes, then drain in a colander and spread evenly over dough. Scatter cheese over onions, then sprinkle bacon over cheese.
- ☐ Sprinkle with salt and pepper.
- ☐ Bake tart until cheese is melted and beginning to brown and crust is crisp and well browned, 20 to 25 minutes. Lift out of pan with a spatula, cut into roughly 2-in. squares, and serve immediately.
- ☐ Make ahead: The tart can be made up to 2 days ahead and kept wrapped in waxed paper at room temperature. To serve, unwrap and reheat 10 minutes at 20

Nutrition Facts



Properties

Glycemic Index:154.5, Glycemic Load:20.46, Inflammation Score:-10, Nutrition Score:49.317391437033%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 16.03mg, Isorhamnetin: 16.03mg, Isorhamnetin: 16.03mg, Isorhamnetin: 16.03mg Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 64.96mg, Quercetin: 64.96mg, Quercetin: 64.96mg, Quercetin: 64.96mg

Nutrients (% of daily need)

Calories: 3181.68kcal (159.08%), Fat: 178.73g (274.97%), Saturated Fat: 78.11g (488.21%), Carbohydrates: 274.2g (91.4%), Net Carbohydrates: 258.89g (94.14%), Sugar: 44.71g (49.67%), Cholesterol: 367.41mg (122.47%), Sodium: 7382.08mg (320.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 123.2g (246.39%), Calcium: 1718.02mg (171.8%), Phosphorus: 1549.87mg (154.99%), Selenium: 81.92µg (117.03%), Iron: 15.78mg (87.69%), Vitamin B12: 4.47µg (74.46%), Zinc: 10.54mg (70.25%), Vitamin B6: 1.29mg (64.71%), Fiber: 15.32g (61.27%), Vitamin B2: 1.03mg (60.33%), Vitamin B1: 0.89mg (59.58%), Vitamin B3: 10.48mg (52.39%), Vitamin A: 2390.96IU (47.82%), Manganese: 0.78mg (38.94%), Magnesium: 154.29mg (38.57%), Potassium: 1330.29mg (38.01%), Vitamin C: 23.68mg (28.7%), Folate: 98.39µg (24.6%), Vitamin B5: 2.28mg (22.76%), Copper: 0.38mg (18.86%), Vitamin K: 16.92µg (16.12%), Vitamin D: 2.27µg (15.12%), Vitamin E: 2.12mg (14.12%)