



Blue Cheese and Pear Tart

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



242 kcal

Ingredients

- ☐ 1 large eggs
- ☐ 2 tablespoons thyme sprigs fresh
- ☐ 0.7 cup gorgonzola
- ☐ 1 tablespoon olive oil
- ☐ 0.5 small onion sliced
- ☐ 1 pears ripe thinly sliced
- ☐ 8.6 oz puff pastry frozen thawed

Equipment

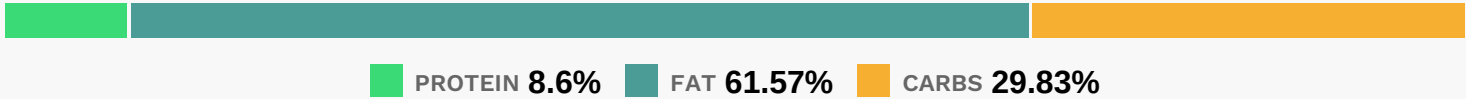
- ☐ frying pan

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 425 with a rack set on bottom.
- ☐ Lay dough flat on a rimmed baking sheet lined with parchment paper. Poke holes all over dough with a fork, leaving the outer inch untouched.
- ☐ Bake until dough starts to puff, about 10 minutes.
- ☐ Whisk together egg and cheese until smooth and spread over dough, using a spoon to move mixture toward the corners. Saut onion in oil in a frying pan until softened. Scatter onion and pear over cheese.
- ☐ Bake until pastry is golden brown and egg has set, about 15 minutes.
- ☐ Sprinkle with thyme and cut into squares.

Nutrition Facts



Properties

Glycemic Index:23.97, Glycemic Load:8.66, Inflammation Score:-9, Nutrition Score:5.5634782677111%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 241.77kcal (12.09%), Fat: 16.72g (25.73%), Saturated Fat: 5.15g (32.2%), Carbohydrates: 18.23g (6.08%), Net Carbohydrates: 16.76g (6.1%), Sugar: 2.65g (2.95%), Cholesterol: 30.31mg (10.1%), Sodium: 193.64mg (8.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.25g (10.51%), Selenium: 10.7µg (15.29%), Manganese: 0.2mg (9.89%), Vitamin B2: 0.17mg (9.76%), Vitamin B1: 0.13mg (8.8%), Folate: 33.27µg (8.32%), Phosphorus: 72.9mg (7.29%), Vitamin B3: 1.44mg (7.22%), Iron: 1.28mg (7.13%), Vitamin K: 7.2µg (6.86%), Calcium: 66.38mg (6.64%), Fiber: 1.47g (5.87%), Vitamin C: 4.08mg (4.95%), Vitamin A: 194.7IU (3.89%), Zinc: 0.55mg (3.69%), Copper: 0.07mg (3.63%), Vitamin E: 0.53mg (3.56%), Magnesium: 12.59mg (3.15%), Vitamin B12: 0.17µg (2.84%), Vitamin B5: 0.28mg (2.82%), Potassium: 94.19mg (2.69%), Vitamin B6: 0.05mg (2.52%), Vitamin D: 0.17µg (1.15%)