



Breakfast Tart With Pancetta and Green Onions

READY IN



65 min.

SERVINGS



8

CALORIES



461 kcal

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 servings butter for the pan
- ☐ 1 large egg white lightly beaten
- ☐ 5 large eggs at room temperature
- ☐ 8 servings flour for the pan
- ☐ 8 ounces gruyère cheese shredded
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 ounces mascarpone cheese at room temperature
- ☐ 3 ounces pancetta cut into 1/4-inch pieces

- ☐ 1 9-inch unroll-and-bake pie crust refrigerated
- ☐ 3 scallions white green thinly sliced
- ☐ 2 teaspoons vegetable oil

Equipment

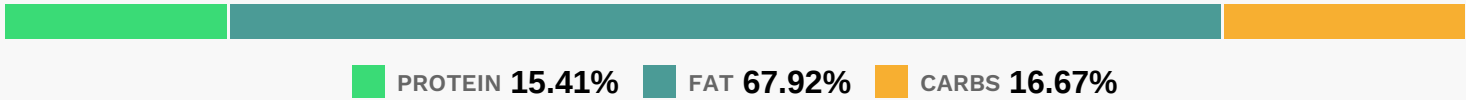
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ tart form
- ☐ pastry brush

Directions

- ☐ Place an oven rack in the center of the oven. Preheat the oven to 400 degrees F.
- ☐ Butter and flour the bottom and sides of a 9-inch tart pan with a removable bottom. Unroll the pie crust and gently press into the bottom and sides of the pan. Trim any excess from the top.
- ☐ With the tines of a fork, prick the bottom of the pastry. Using a pastry brush, brush the crust with the beaten egg white.
- ☐ Put the pan on a baking sheet and bake for 10 minutes, until the egg white has set.
- ☐ Let cool 10 minutes.
- ☐ Meanwhile, in a medium skillet, heat the oil over medium-high heat.
- ☐ Add the pancetta and cook, stirring frequently, for 6 to 8 minutes, until browned and crispy.
- ☐ Drain on a paper towel-lined plate.
- ☐ In a medium bowl, lightly beat the eggs.
- ☐ Whisk in the mascarpone, gruyere, scallions, salt, pepper and the pancetta.
- ☐ Pour into the cooled crust and bake for about 18 minutes, until the mixture has set and the top is golden.

- ☐
- Cool the tart for 10 to 15 minutes and then remove from the pan.
- ☐
- Cut the tart into wedges and serve warm or at room temperature.
- ☐
- Photograph by Kat Teutsch

Nutrition Facts



Properties

Glycemic Index:23.63, Glycemic Load:4.23, Inflammation Score:-5, Nutrition Score:11.450869466947%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 461.13kcal (23.06%), Fat: 34.52g (53.1%), Saturated Fat: 16.51g (103.22%), Carbohydrates: 19.07g (6.36%), Net Carbohydrates: 18.09g (6.58%), Sugar: 0.38g (0.42%), Cholesterol: 179.38mg (59.79%), Sodium: 612.45mg (26.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.62g (35.24%), Calcium: 335.45mg (33.55%), Selenium: 20.72µg (29.6%), Phosphorus: 278.48mg (27.85%), Vitamin B2: 0.33mg (19.63%), Vitamin A: 810.63IU (16.21%), Vitamin K: 14.65µg (13.95%), Vitamin B12: 0.8µg (13.28%), Folate: 51.96µg (12.99%), Vitamin B1: 0.19mg (12.63%), Zinc: 1.82mg (12.16%), Manganese: 0.2mg (10.02%), Iron: 1.72mg (9.56%), Vitamin B5: 0.85mg (8.5%), Vitamin B3: 1.63mg (8.15%), Vitamin B6: 0.12mg (6.18%), Vitamin D: 0.84µg (5.58%), Magnesium: 22.3mg (5.58%), Vitamin E: 0.81mg (5.38%), Potassium: 141.45mg (4.04%), Fiber: 0.98g (3.9%), Copper: 0.07mg (3.6%), Vitamin C: 0.85mg (1.03%)