



Brunch Tart With Spinach, Olives and Leeks

 Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



355 kcal

Ingredients

- 8 ounces baby spinach coarsely chopped
- 3 large eggs
- 1 teaspoon thyme leaves fresh
- 2 cloves garlic chopped
- 0.5 cup kalamata olives pitted halved
- 8 servings kosher salt and pepper freshly ground
- 2 cups fat leeks white washed coarsely chopped (and pale parts only)
- 2 tablespoons olive oil extra-virgin
- 0.5 medium onion chopped

- 1 sheet puff pastry frozen thawed
- 15 ounce ricotta cheese

Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk

Directions

- In a large saute pan, heat the olive oil over medium heat.
- Add the leeks and onion and cook, stirring occasionally, until wilted, 5 minutes.
- Add the garlic, stir and cook until fragrant, 1 minute.
- Add the spinach and cook until wilted and tender, 2 minutes.
- Remove from the heat, taste and season with salt and pepper as needed; let cool.
- Meanwhile, in a large bowl, whisk the ricotta, 2 eggs, the thyme and 1/2 teaspoon salt. Fold the cooled vegetable mixture and the olives into the ricotta mixture.
- Preheat the oven to 375 degrees F. On a lightly floured surface, roll out the pastry until it's 12 inches square. Using a 12-inch plate or just eyeballing it, cut the dough into a circle (knead the scraps into a ball and save for another use—cheddar straws, say).
- Transfer the dough to a parchment-lined baking sheet. Spoon the tart filling into the center, leaving a 2-inch border of pastry. Lift the pastry edges and fold over the filling, creasing the dough as needed and leaving the filling exposed in the middle. In a small bowl, whisk the remaining egg with 1 tablespoon water and brush a thin layer of the egg wash on the exposed pastry, taking care not to let egg run down the sides to the pan.
- Bake until the pastry is golden brown, about 45 minutes.
- Remove from the oven and let rest 10 minutes before serving.
- Photograph by Johnny Miller

Nutrition Facts



■ PROTEIN 13.28% ■ FAT 63.35% ■ CARBS 23.37%

Properties

Glycemic Index:31.13, Glycemic Load:9.15, Inflammation Score:-10, Nutrition Score:18.989130538443%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 2.45mg, Kaempferol: 2.45mg, Kaempferol: 2.45mg, Kaempferol: 2.45mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 355.43kcal (17.77%), Fat: 25.33g (38.98%), Saturated Fat: 8.64g (53.97%), Carbohydrates: 21.03g (7.01%), Net Carbohydrates: 19.1g (6.94%), Sugar: 1.77g (1.97%), Cholesterol: 96.86mg (32.29%), Sodium: 500.29mg (21.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.95g (23.9%), Vitamin K: 155.22µg (147.83%), Vitamin A: 3412.58IU (68.25%), Selenium: 21.6µg (30.85%), Folate: 110.01µg (27.5%), Manganese: 0.55mg (27.27%), Vitamin B2: 0.34mg (20.04%), Calcium: 173.28mg (17.33%), Phosphorus: 164.91mg (16.49%), Iron: 2.68mg (14.91%), Vitamin C: 11.78mg (14.28%), Vitamin E: 2.03mg (13.52%), Vitamin B1: 0.18mg (11.89%), Magnesium: 43.83mg (10.96%), Vitamin B6: 0.19mg (9.47%), Potassium: 316.8mg (9.05%), Vitamin B3: 1.68mg (8.39%), Zinc: 1.23mg (8.18%), Fiber: 1.93g (7.72%), Copper: 0.14mg (6.99%), Vitamin B12: 0.35µg (5.79%), Vitamin B5: 0.47mg (4.66%), Vitamin D: 0.48µg (3.21%)