



Butternut Squash and Mushroom Tart with Gruyère

READY IN



30 min.

SERVINGS



6

CALORIES



388 kcal

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 3 cups precubed butternut squash peeled
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 large eggs
- ☐ 5.6 ounces flour all-purpose (1 cup plus 2 tablespoons)
- ☐ 0.7 cup aged gruyère cheese shredded divided
- ☐ 3 tablespoons ice water

- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 tablespoons olive oil extra-virgin divided
- ☐ 0.8 cup prechopped onion
- ☐ 1.5 ounces prechopped pancetta
- ☐ 5 ounces pre shiitake mushroom caps

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ measuring cup

Directions

- ☐ Preheat oven to 42
- ☐ To prepare crust, weigh or lightly spoon flour into a dry measuring cup and spoons; level with a knife.
- ☐ Combine flour and next 3 ingredients (through baking powder) in a food processor; pulse 2 times or until combined.
- ☐ Combine 1/4 cup oil and 3 tablespoons ice water in a small bowl. With processor on, slowly add oil mixture through food chute, and process until dough is crumbly.
- ☐ Sprinkle dough into a 9-inch pie plate coated with cooking spray. Quickly press dough into an even layer in bottom and up sides of pie plate.
- ☐ Place crust into preheating oven, and bake for 10 minutes.
- ☐ To prepare filling, place squash in food processor (do not clean from dough), and process for 1 minute or until squash is finely chopped.
- ☐ Heat a large nonstick skillet over medium-high heat.

- ☐ Add 1 tablespoon oil to pan; swirl to coat.
- ☐ Add squash and onion to pan; saut for 9 minutes, stirring occasionally.
- ☐ While squash cooks, combine half of cheese (about 1/3 cup), eggs, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a large bowl; stir in squash mixture.
- ☐ Remove crust from oven; spoon squash mixture over crust, and spread evenly. Return tart to 425 oven; bake 9 minutes.
- ☐ Return pan to medium-high heat.
- ☐ Add remaining 1 tablespoon oil to pan; swirl to coat.
- ☐ Add pancetta; cook 1 minute or until beginning to brown.
- ☐ Add mushrooms; cook for 7 minutes or until browned. Stir in remaining 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Add wine; cook 1 minute or until liquid almost evaporates.
- ☐ Remove tart from oven. Arrange the mushroom mixture evenly over top of tart; sprinkle with the remaining 1/3 cup cheese. Return tart to 425 oven.
- ☐ Bake 3 to 5 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:50.83, Glycemic Load:15.46, Inflammation Score:-10, Nutrition Score:18.604347809501%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 387.54kcal (19.38%), Fat: 23.28g (35.81%), Saturated Fat: 6.19g (38.68%), Carbohydrates: 32.58g (10.86%), Net Carbohydrates: 29.47g (10.72%), Sugar: 3.23g (3.59%), Cholesterol: 82.81mg (27.6%), Sodium: 491.11mg (21.35%), Alcohol: 1.03g (100%), Alcohol %: 0.62% (100%), Protein: 11.58g (23.16%), Vitamin A: 7674.43IU (153.49%), Selenium: 19.46µg (27.8%), Manganese: 0.45mg (22.71%), Phosphorus: 221.72mg (22.17%), Vitamin B1: 0.33mg (21.75%), Vitamin E: 3.24mg (21.63%), Calcium: 212.8mg (21.28%), Folate: 83.63µg (20.91%), Vitamin C: 16.18mg (19.61%), Vitamin B2: 0.33mg (19.19%), Vitamin B3: 3.67mg (18.34%), Vitamin B6: 0.28mg (13.87%), Iron: 2.35mg (13.06%), Potassium: 435.3mg (12.44%), Fiber: 3.11g (12.43%), Vitamin B5: 1.16mg (11.6%), Magnesium: 46.03mg (11.51%), Zinc: 1.45mg (9.7%), Vitamin K: 10.05µg (9.57%), Copper: 0.15mg (7.73%), Vitamin B12: 0.42µg (6.97%), Vitamin D: 0.54µg (3.63%)