



## Caprese Tart

READY IN



25 min.

SERVINGS



12

CALORIES



283 kcal

### Ingredients

- ☐ 10 basil leaves for garnish
- ☐ 12 servings butter for brushing pie tin
- ☐ 12 servings cornmeal for sprinkling
- ☐ 1.5 pounds mozzarella cheese fresh cut into 1/3-inch slices
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 cup parmesan
- ☐ 6 large pieces pie dough store bought
- ☐ 12 servings salt and pepper black freshly ground
- ☐ 4 medium round vine ripened tomatoes sliced

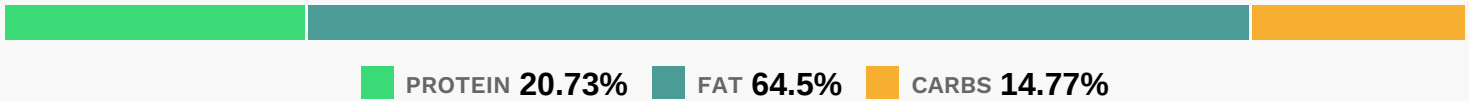
# Equipment

- ☐ frying pan
- ☐ oven

# Directions

- ☐ Special equipment: 12 individual tartlet pans with removable bottoms
- ☐ Preheat oven on to 375 degrees F.
- ☐ To assemble tartlets: Take the tart pans and brush with butter and liberally sprinkle with cornmeal.
- ☐ Roll out dough to 1/8-inch thickness and cut into 12 individual tarts. Dough circles should be larger than the pan to fit properly.
- ☐ Lay the dough rounds in the pans and press down to fill in the corners. Trim excess dough.
- ☐ Brush bottoms of dough shell with olive oil and sprinkle with the cheese.
- ☐ Bake for 6 minutes until bottom is cooked but blonde.
- ☐ Sprinkle the tomato slices with salt.
- ☐ Layer the tomato slices and mozzarella slices into the pan, overlapping the pieces in a circle, until all the ingredients are used. Season with salt and pepper.
- ☐ Bake tarts for 15 minutes.
- ☐ Remove from the oven and let cool. Right before serving, garnish top with torn basil.
- ☐ Serve warm or at room temperature.

# Nutrition Facts



# Properties

Glycemic Index:26.04, Glycemic Load:5.14, Inflammation Score:-6, Nutrition Score:9.1021739555442%

# Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg

0.05mg, Myricetin: 0.05mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 283.13kcal (14.16%), Fat: 20.4g (31.39%), Saturated Fat: 10.85g (67.81%), Carbohydrates: 10.51g (3.5%), Net Carbohydrates: 9.04g (3.29%), Sugar: 1.84g (2.04%), Cholesterol: 56.96mg (18.99%), Sodium: 425.6mg (18.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.76g (29.51%), Calcium: 318.05mg (31.8%), Phosphorus: 249.42mg (24.94%), Vitamin B12: 1.33µg (22.1%), Vitamin A: 884.17IU (17.68%), Selenium: 10.79µg (15.42%), Zinc: 2.1mg (14.02%), Vitamin B2: 0.19mg (11.03%), Vitamin K: 7.94µg (7.56%), Manganese: 0.15mg (7.35%), Magnesium: 28.03mg (7.01%), Vitamin C: 5.68mg (6.88%), Fiber: 1.48g (5.9%), Vitamin B6: 0.12mg (5.79%), Vitamin E: 0.83mg (5.52%), Potassium: 178.4mg (5.1%), Vitamin B1: 0.06mg (4.32%), Iron: 0.72mg (4.02%), Folate: 14.41µg (3.6%), Copper: 0.06mg (2.91%), Vitamin B3: 0.57mg (2.87%), Vitamin B5: 0.19mg (1.95%), Vitamin D: 0.24µg (1.58%)