



Caramelised red onion, prosciutto & mushroom tart

READY IN



85 min.

SERVINGS



6

CALORIES



888 kcal

Ingredients

- ☐ 4 tbsp olive oil
- ☐ 5 onions red thinly sliced
- ☐ 1 tsp thyme leaves dried fresh
- ☐ 1 tbsp balsamic vinegar
- ☐ 500 g pack puff pastry
- ☐ 4 slices pancetta thin
- ☐ 400 g open cup mushrooms trimmed
- ☐ 100 g goat's cheese firm
- ☐ 50 g rocket

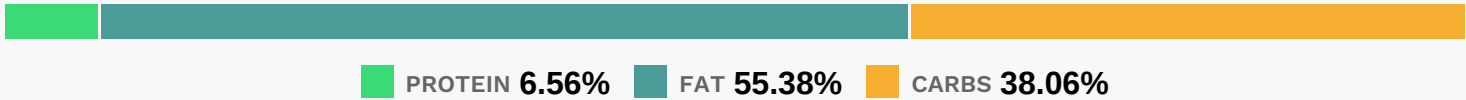
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Heat 3 tbsp oil in a frying pan, add the onion and gently cook until softened, about 10 mins.
- ☐ Add the thyme, vinegar, salt and pepper and cook for 5 mins more, stirring occasionally to stop them burning. Set aside to cool.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Roll out the pastry, trim to a 28cm round, then put on a non-stick baking sheet (or one lined with baking paper). Fork the pastry all over.
- ☐ Spread the onion over the pastry to within 3cm of the edge. Tear the prosciutto into strips and arrange over the onion in a rippled effect. Arrange the mushrooms on top and brush them with the reserved oil. Slice or crumble the cheese and arrange over the tart. Season with salt and pepper.
- ☐ Push the side of the tart up with your fingers to form an edge.
- ☐ Bake for 30–35 mins until the pastry edges have puffed up and the mushrooms are tender. Cool for a few minutes, then scatter with rocket just before serving.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:22.52, Inflammation Score:-8, Nutrition Score:17.180869649286%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 4.95mg, Isorhamnetin: 4.95mg, Isorhamnetin: 4.95mg, Isorhamnetin: 4.95mg Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg Myricetin:

0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 19.27mg, Quercetin: 19.27mg, Quercetin: 19.27mg, Quercetin: 19.27mg

Nutrients (% of daily need)

Calories: 887.65kcal (44.38%), Fat: 55.14g (84.84%), Saturated Fat: 14.69g (91.83%), Carbohydrates: 85.25g (28.42%), Net Carbohydrates: 81.69g (29.71%), Sugar: 28.89g (32.09%), Cholesterol: 12.52mg (4.17%), Sodium: 528.98mg (23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.7g (29.4%), Selenium: 30.87µg (44.09%), Manganese: 0.72mg (36.11%), Vitamin B1: 0.53mg (35.27%), Vitamin K: 36.19µg (34.46%), Folate: 118.47µg (29.62%), Vitamin B2: 0.5mg (29.27%), Vitamin B3: 4.92mg (24.62%), Iron: 4.16mg (23.11%), Phosphorus: 194.24mg (19.42%), Calcium: 158.24mg (15.82%), Copper: 0.3mg (15.17%), Fiber: 3.56g (14.25%), Vitamin E: 2mg (13.32%), Vitamin B6: 0.2mg (10.24%), Vitamin C: 8.28mg (10.04%), Magnesium: 38.56mg (9.64%), Potassium: 298.62mg (8.53%), Vitamin A: 418.09IU (8.36%), Zinc: 1.08mg (7.22%), Vitamin B5: 0.41mg (4.15%), Vitamin B12: 0.11µg (1.86%)