



Caramelized Garlic Tart

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



438 kcal

DESSERT

Ingredients

- 13 ounces puff pastry frozen
- 3 medium heads garlic separated peeled
- 1 tablespoon olive oil
- 1 teaspoon balsamic vinegar
- 0.8 tablespoon sugar
- 1 teaspoon rosemary leaves fresh chopped
- 1 teaspoon thyme sprigs fresh chopped for garnish
- 0.8 teaspoon sea salt fine

- 4.5 ounces goat cheese such as chevre soft
- 4.5 ounces goat cheese such as goat gouda hard
- 2 large eggs
- 6.5 tablespoons cup heavy whipping cream
- 6.5 tablespoons crème fraîche
- 1 serving pepper black freshly ground

Equipment

- frying pan
- sauce pan
- baking paper
- oven
- whisk
- measuring cup

Directions

- Roll out puff pastry into a 16-inch circle. Fit puff pastry into an 11-by-1 1/2-inch round fluted pan with a removable bottom.
- Place a parchment paper-round on top of puff pastry; top with pie weights or dried beans.
- Transfer to refrigerator; chill for 20 minutes.
- Preheat oven to 350 degrees.
- Transfer tart shell to oven and bake for 20 minutes.
- Remove weights and paper and bake until pastry is golden, 5 to 10 minutes more.
- Remove from oven and set aside.
- Place garlic cloves in a small saucepan filled with water.
- Place saucepan over medium heat and bring to a simmer; simmer for 3 minutes.
- Drain and return cloves to saucepan.
- Add olive oil and place saucepan over high heat; cook, stirring occasionally, until garlic is fried, about 2 minutes.

- Add vinegar and 1 cup water; bring to a boil and immediately reduce to a simmer.
- Let simmer for 10 minutes.
- Add sugar, rosemary, chopped thyme, and 1/4 teaspoon salt. Continue simmering over medium heat until most of the liquid has evaporated and garlic is coated in a dark caramelized syrup, about 10 minutes more.
- Remove from heat and set aside.
- Break both goat cheeses into pieces and scatter in tart shell; spoon garlic cloves and syrup over cheese. In a large glass measuring cup, whisk together eggs, cream, creme fraiche, and remaining 1/2 teaspoon salt; season with pepper.
- Pour egg mixture over cheese and garlic filling, making sure the cheese and garlic are still visible.
- Transfer tart to oven and bake until tart filling is set and top is golden brown, 35 to 45 minutes.
- Remove from oven and let cool slightly before removing tart from pan. Trim tart as necessary and garnish with thyme sprigs; serve.

Nutrition Facts

PROTEIN 10.43% **FAT 68.57%** **CARBS 21%**

Properties

Glycemic Index:35.39, Glycemic Load:12.13, Inflammation Score:-6, Nutrition Score:8.9321738559267%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 437.86kcal (21.89%), Fat: 33.52g (51.56%), Saturated Fat: 13.51g (84.46%), Carbohydrates: 23.09g (7.7%), Net Carbohydrates: 22.35g (8.13%), Sugar: 2.58g (2.87%), Cholesterol: 80.7mg (26.9%), Sodium: 474.44mg (20.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.47g (22.94%), Selenium: 16.67µg (23.81%), Vitamin B2: 0.35mg (20.58%), Copper: 0.3mg (15.06%), Phosphorus: 149.5mg (14.95%), Vitamin B1: 0.22mg (14.4%), Manganese: 0.28mg (13.76%), Vitamin A: 649.66IU (12.99%), Folate: 46.85µg (11.71%), Iron: 2.09mg (11.62%), Vitamin B3: 2.09mg (10.45%), Vitamin K: 9.65µg (9.19%), Calcium: 76.27mg (7.63%), Vitamin B6: 0.12mg (6.23%), Vitamin E: 0.84mg (5.59%), Zinc: 0.77mg (5.14%), Vitamin B5: 0.48mg (4.76%), Magnesium: 16.41mg (4.1%), Vitamin D: 0.57µg

(3.82%), Vitamin B12: 0.21µg (3.53%), Fiber: 0.74g (2.96%), Potassium: 81.47mg (2.33%)