



Caramelized Onion and Canadian Bacon Tart

READY IN



45 min.

SERVINGS



8

CALORIES



433 kcal

Ingredients

- 1.8 teaspoons pepper black divided freshly ground
- 0.5 cup canadian bacon diced
- 1 tablespoon dijon mustard
- 0.5 cup fat-skimmed beef broth fat-free
- 1 tablespoon parsley fresh chopped
- 0.1 teaspoon nutmeg whole
- 4 ounces jarlsberg cheese shredded
- 1 teaspoon kosher salt
- 2 teaspoons juice of lemon fresh
- 2 tablespoons olive oil extra virgin extra-virgin divided

- 1.8 pounds onion spanish thinly sliced
- 8 servings pie crust dough light all-purpose
- 0.5 teaspoon sage dried
- 1.5 cups bread stuffing mix (such as Pepperidge Farm)
- 2 teaspoons sugar
- 1 tablespoon butter unsalted
- 0.8 cup water divided

Equipment

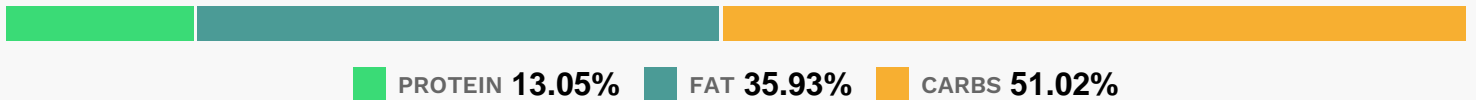
- bowl
- frying pan
- baking sheet
- oven
- wire rack
- plastic wrap
- aluminum foil
- microwave
- tart form

Directions

- Preheat oven to 400
- Remove 2 sheets plastic wrap from All-Purpose Light Piecrust. Fit dough, plastic wrap side up, into a 9-inch round tart pan coated with cooking spray.
- Remove top sheets of plastic wrap. Press dough into bottom and up sides of pan; fold excess crust back in, and press to reinforce sides. Pierce bottom and sides of dough lightly with a fork; freeze 10 minutes. Line bottom of dough with a piece of foil; arrange pie weights or dried beans on foil.
- Bake at 400 for 20 minutes or until lightly browned.
- Reduce oven temperature to 375
- Remove weights and foil.

- Brush dough evenly with mustard.
- Bake an additional 5 minutes or until done. Cool completely on a wire rack.
- Heat 1 tablespoon oil in a large skillet over medium heat.
- Add onion and sugar; reduce heat, and cook 10 minutes, stirring occasionally. Stir in 1/2 cup water; cook 25 minutes or until onion is light brown and liquid thickens, adding remaining 1/4 cup water, 1 tablespoon at a time, as necessary.
- Remove from heat; stir in bacon, parsley, 1 teaspoon pepper, and next 4 ingredients (through nutmeg).
- Place butter in a microwave-safe bowl; microwave at HIGH for 30 seconds or until butter melts.
- Add remaining 1 tablespoon olive oil, stirring to combine.
- Combine butter mixture, remaining 3/4 teaspoon pepper, stuffing mix, and broth, stirring until moist.
- Sprinkle cooled crust with cheese. Spoon onion mixture over cheese; top with stuffing mixture.
- Place tart on a baking sheet.
- Bake at 375 for 25 minutes or until golden brown. Cool 10 minutes on a wire rack.
- Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:32.89, Glycemic Load:2.82, Inflammation Score:-7, Nutrition Score:14.69130427941%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 4.97mg, Isorhamnetin: 4.97mg, Isorhamnetin: 4.97mg, Isorhamnetin: 4.97mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 20.15mg, Quercetin: 20.15mg, Quercetin: 20.15mg, Quercetin: 20.15mg

Nutrients (% of daily need)

Calories: 432.8kcal (21.64%), Fat: 17.28g (26.58%), Saturated Fat: 6.42g (40.1%), Carbohydrates: 55.2g (18.4%), Net Carbohydrates: 51.34g (18.67%), Sugar: 8.97g (9.97%), Cholesterol: 21.72mg (7.24%), Sodium: 1310.05mg (56.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.12g (28.24%), Selenium: 27.69µg (39.56%), Vitamin B1: 0.49mg (32.39%), Manganese: 0.57mg (28.46%), Copper: 0.56mg (28.05%), Folate: 110.28µg (27.57%), Vitamin B3: 4.27mg (21.36%), Calcium: 178.92mg (17.89%), Vitamin B2: 0.27mg (16.13%), Fiber: 3.86g (15.46%), Iron: 2.71mg (15.08%), Phosphorus: 147.75mg (14.78%), Vitamin B6: 0.26mg (13.02%), Vitamin K: 13.61µg (12.96%), Vitamin C: 8.5mg (10.3%), Potassium: 343.59mg (9.82%), Magnesium: 36.02mg (9%), Zinc: 0.92mg (6.11%), Vitamin E: 0.88mg (5.86%), Vitamin B5: 0.5mg (4.96%), Vitamin A: 194.02IU (3.88%), Vitamin D: 0.44µg (2.94%), Vitamin B12: 0.14µg (2.32%)