



WHATSheATE



Caramelized Onion and Goat Cheese Tarts

READY IN



50 min.

SERVINGS



4

CALORIES



695 kcal

DESSERT

Ingredients

- ☐ 1 large eggs
- ☐ 4 ounces goat cheese room temperature
- ☐ 2 tablespoons heavy cream
- ☐ 4 servings kosher salt
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1.5 cups onions frozen thawed chopped
- ☐ 14 ounce pie crust refrigerated
- ☐ 1 tablespoon sugar
- ☐ 1 teaspoon freshly thyme leaves chopped

☐ 1 tablespoon butter unsalted

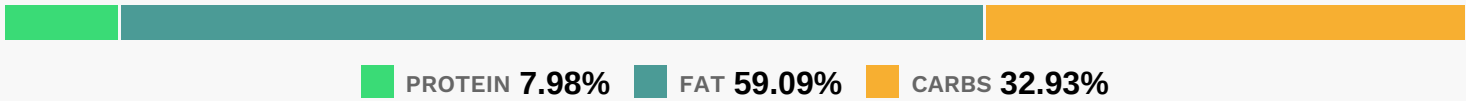
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ muffin tray
- ☐ mini muffin tray

Directions

- ☐ Special equipment: 1 (12-count) nonstick mini muffin tin
- ☐ In a large heavy-bottomed skillet over medium heat, add the oil and butter. When the butter is melted, add the onions, sugar, and salt, to taste. Cook until the onions begin to brown. Adjust the heat to low and cook slowly, turning often, until the onions are golden brown and caramelized, about 10 to 15 minutes.
- ☐ Remove the onions from the heat and set aside to cool.
- ☐ Preheat the oven to 375 degrees F.
- ☐ In a bowl combine the goat cheese, egg, cream, and thyme.
- ☐ Pour the mixture into a small resealable plastic food storage bag. Snip off a corner of the bag to use it for piping.
- ☐ Lay the pie crusts out flat on a clean surface and with a 2 1/2-inch round cutter cut out 12 circles from each crust. Press them into the cups of the mini-muffin tin. Fill each cup 1/2 way with the cooled onions. Pipe the cheese mixture on top of the onions, filling the cups.
- ☐ Bake the tarts until the filling is set, about 15 to 20 minutes.
- ☐ Let the tarts cool slightly, and then remove them from the muffin tin and serve.

Nutrition Facts



Properties

Glycemic Index:35.52, Glycemic Load:3.36, Inflammation Score:-8, Nutrition Score:12.645652190499%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.18mg, Quercetin: 12.18mg, Quercetin: 12.18mg, Quercetin: 12.18mg

Nutrients (% of daily need)

Calories: 694.7kcal (34.73%), Fat: 45.66g (70.24%), Saturated Fat: 17.14g (107.1%), Carbohydrates: 57.26g (19.09%), Net Carbohydrates: 53.69g (19.52%), Sugar: 6.06g (6.73%), Cholesterol: 75.54mg (25.18%), Sodium: 726.71mg (31.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.87g (27.74%), Manganese: 0.56mg (27.86%), Folate: 90.76µg (22.69%), Vitamin B1: 0.33mg (21.81%), Vitamin B2: 0.37mg (21.64%), Iron: 3.6mg (20.01%), Phosphorus: 191.89mg (19.19%), Copper: 0.32mg (15.94%), Selenium: 10.87µg (15.52%), Vitamin B3: 2.9mg (14.48%), Fiber: 3.57g (14.28%), Vitamin K: 12.73µg (12.12%), Vitamin E: 1.81mg (12.06%), Vitamin A: 584.01IU (11.68%), Vitamin B6: 0.22mg (10.91%), Vitamin B5: 0.89mg (8.85%), Calcium: 87.38mg (8.74%), Magnesium: 28.32mg (7.08%), Zinc: 1mg (6.68%), Vitamin C: 5.29mg (6.41%), Potassium: 219.65mg (6.28%), Vitamin D: 0.54µg (3.57%), Vitamin B12: 0.18µg (3.05%)