



Caramelized Onion and Roasted Red-Pepper Tart

 Vegetarian  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



186 kcal

DESSERT

Ingredients

- 2 bay leaves
- 0.3 teaspoon pepper black freshly ground
- 1.5 cups bread flour divided
- 2.3 teaspoons yeast dry
- 1 tablespoon thyme sprigs fresh chopped
- 3 garlic clove minced
- 1 teaspoon honey

- 1 tablespoon olive oil
- 6 cups onion vertically sliced
- 3 large bell pepper red
- 1 teaspoon sea salt
- 3 thyme sprigs
- 0.8 cup water (100° to 110°)
- 0.3 cup flour whole wheat

Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- aluminum foil
- broiler
- ziploc bags
- measuring cup

Directions

- To prepare crust, dissolve yeast and honey in warm water in a large bowl; let stand for 5 minutes. Lightly spoon flours into dry measuring cups, and level with a knife. Stir 1 cup bread flour and 1 tablespoon oil into yeast mixture. Cover and let rise in a warm place (85), free from drafts, 1 1/2 hours or until bubbly. Stir in 1/2 cup bread flour, whole wheat flour, and 1 teaspoon salt.
- Turn dough out onto a floured surface. Knead until smooth and elastic (about 10 minutes); dough will feel tacky.
- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, for 1 hour or until doubled in size. (Press two fingers into the dough. If indentation remains, the dough has risen enough.) Punch dough down; cover and let rest 10 minutes.

- To prepare the topping, heat 1 tablespoon oil in a 12-inch nonstick skillet coated with cooking spray over medium-high heat.
- Add onion, and cook for 5 minutes, stirring frequently. Stir in 1 teaspoon salt, thyme sprigs, garlic, and bay leaves; cook for 15 minutes or until deep golden brown, stirring frequently.
- Remove from heat. Discard thyme sprigs and bay leaves.
- Prepare broiler.
- While onion is cooking, cut bell peppers in half lengthwise, discarding seeds and membranes.
- Place the pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil for 15 minutes or until blackened.
- Place in a zip-top plastic bag, and seal.
- Let stand for 15 minutes. Peel and coarsely chop.
- Preheat oven to 42
- Roll the dough into a 12 x 8-inch rectangle.
- Place the dough on a baking sheet coated with cooking spray. Top with the onion mixture and the chopped bell pepper.
- Sprinkle with black pepper.
- Bake at 425 for 25 minutes or until the crust is golden brown. Cool slightly.
- Sprinkle with chopped thyme.
- Cut into 8 squares, and cut each square in half diagonally.
- Garnish with thyme sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:41.28, Glycemic Load:14.81, Inflammation Score:-10, Nutrition Score:15.179999880574%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin:

0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 24.52mg, Quercetin: 24.52mg, Quercetin: 24.52mg, Quercetin: 24.52mg

Nutrients (% of daily need)

Calories: 185.5kcal (9.27%), Fat: 2.63g (4.05%), Saturated Fat: 0.42g (2.62%), Carbohydrates: 36.43g (12.14%), Net Carbohydrates: 31.68g (11.52%), Sugar: 8.49g (9.43%), Cholesterol: 0mg (0%), Sodium: 300.44mg (13.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.48%), Vitamin C: 89.97mg (109.06%), Vitamin A: 1990.15IU (39.8%), Manganese: 0.62mg (30.82%), Folate: 81.62µg (20.4%), Fiber: 4.75g (19.01%), Vitamin B6: 0.38mg (18.96%), Selenium: 12.52µg (17.89%), Vitamin B1: 0.23mg (15.01%), Potassium: 363.99mg (10.4%), Phosphorus: 95.69mg (9.57%), Vitamin E: 1.37mg (9.13%), Vitamin B2: 0.15mg (8.68%), Magnesium: 33.51mg (8.38%), Vitamin B3: 1.55mg (7.73%), Copper: 0.13mg (6.72%), Iron: 1.15mg (6.4%), Vitamin B5: 0.6mg (5.99%), Zinc: 0.77mg (5.11%), Vitamin K: 4.81µg (4.58%), Calcium: 45.46mg (4.55%)