



Caramelized Onion Tart

READY IN



45 min.

SERVINGS



6

CALORIES



596 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup parmesan cheese shredded
- ☐ 17.3 ounce puff pastry sheets frozen thawed
- ☐ 6 servings garnish: rosemary sprigs fresh
- ☐ 1 teaspoon salt
- ☐ 3 pounds onions sweet sliced

Equipment

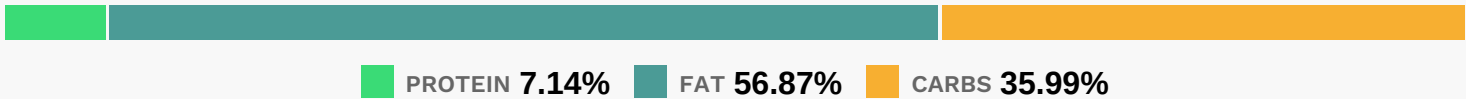
- ☐ frying pan

- ☐ oven
- ☐ tart form

Directions

- ☐ Cook onion in hot oil in a large skillet over low heat, stirring often, 30 to 35 minutes or until onion is caramel colored. Stir in salt, and set mixture aside.
- ☐ Unfold pastry sheet; fit into a 9-inch square tart pan.
- ☐ Bake at 400 for 15 to 20 minutes or until browned.
- ☐ Remove from oven. Press pastry with the back of a spoon to flatten. Top with caramelized onion; sprinkle with Parmesan cheese.
- ☐ Bake 5 more minutes.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:19.99, Inflammation Score:-8, Nutrition Score:13.535652068646%

Flavonoids

Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg Myricetin: 2.59mg, Myricetin: 2.59mg, Myricetin: 2.59mg Quercetin: 32.93mg, Quercetin: 32.93mg, Quercetin: 32.93mg, Quercetin: 32.93mg

Nutrients (% of daily need)

Calories: 595.92kcal (29.8%), Fat: 38.07g (58.57%), Saturated Fat: 9.88g (61.74%), Carbohydrates: 54.21g (18.07%), Net Carbohydrates: 50.91g (18.51%), Sugar: 12.06g (13.39%), Cholesterol: 5.67mg (1.89%), Sodium: 742.31mg (32.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.75g (21.5%), Selenium: 22.74µg (32.48%), Folate: 116.63µg (29.16%), Manganese: 0.57mg (28.73%), Vitamin B1: 0.42mg (28.08%), Vitamin B3: 3.72mg (18.61%), Vitamin B2: 0.3mg (17.89%), Phosphorus: 168.04mg (16.8%), Vitamin B6: 0.32mg (16.06%), Vitamin K: 16.75µg (15.96%), Iron: 2.8mg (15.57%), Calcium: 153.74mg (15.37%), Vitamin C: 10.95mg (13.27%), Fiber: 3.31g (13.23%), Copper: 0.22mg (11.17%), Potassium: 328.35mg (9.38%), Magnesium: 37.35mg (9.34%), Vitamin E: 1.18mg (7.84%), Zinc: 0.96mg (6.4%), Vitamin B5: 0.26mg (2.6%), Vitamin B12: 0.1µg (1.67%), Vitamin A: 71.29IU (1.43%)