



Caramelized Onion Tart with Gorgonzola and Brie

 Vegetarian  Popular

READY IN



60 min.

SERVINGS



9

CALORIES



251 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons olive oil extra virgin
- ☐ 4 cups onions sliced (2-3 onions)
- ☐ 1 tablespoon brown sugar
- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon pepper
- ☐ 8 oz puff pastry frozen (defrosted a couple hours in the fridge)

- ☐ 2 oz brie cheese diced chilled
- ☐ 2 oz gorgonzola diced blue
- ☐ 2 tablespoons tarragon fresh chopped

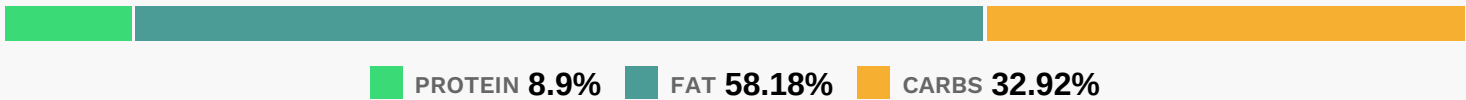
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Caramelize the onions:
- ☐ Heat oil in a large deep pan on medium-high heat.
- ☐ Add onions and cook for about 10 minutes or until wilted and starting to brown.
- ☐ Add sugar, vinegar, salt and pepper.
- ☐ Reduce heat and cook gently, uncovered for 20-25 minutes or until richly caramelized.
- ☐ Add a little water if the onions look like they are starting to dry out. Cool.
- ☐ Roll pastry into a 10-to-14-inch rectangle (or whatever shape you want).
- ☐ Place pastry on a baking sheet lined with parchment paper. Prick with a fork at a couple inch increments to prevent the pastry from forming big bubbles while baking.
- ☐ Spread onions over pastry, all the way to the edges of the pastry. Dot with cheese.
- ☐ Sprinkle with tarragon. Refrigerate if not baking immediately.
- ☐ Bake in a preheated oven at 400°F for 18-20 minutes or until cheese has melted and pastry is crispy. Cool for 5 minutes.
- ☐ Cut into wedges or squares and enjoy!

Nutrition Facts



Properties

Glycemic Index:32.11, Glycemic Load:8.45, Inflammation Score:-5, Nutrition Score:6.580434753843%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.56mg, Isorhamnetin: 3.56mg, Isorhamnetin: 3.56mg, Isorhamnetin: 3.56mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 14.44mg, Quercetin: 14.44mg, Quercetin: 14.44mg, Quercetin: 14.44mg

Nutrients (% of daily need)

Calories: 251.14kcal (12.56%), Fat: 16.45g (25.31%), Saturated Fat: 5.19g (32.46%), Carbohydrates: 20.95g (6.98%), Net Carbohydrates: 19.22g (6.99%), Sugar: 5.09g (5.65%), Cholesterol: 11.02mg (3.67%), Sodium: 309.1mg (13.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.33%), Manganese: 0.36mg (18.07%), Selenium: 8.37µg (11.96%), Folate: 43.82µg (10.96%), Vitamin B2: 0.17mg (9.9%), Vitamin B1: 0.14mg (9.55%), Calcium: 84.12mg (8.41%), Iron: 1.41mg (7.85%), Phosphorus: 77.74mg (7.77%), Vitamin B6: 0.15mg (7.71%), Vitamin C: 6.04mg (7.32%), Fiber: 1.73g (6.92%), Vitamin B3: 1.36mg (6.81%), Vitamin K: 6.69µg (6.37%), Potassium: 199.17mg (5.69%), Magnesium: 19.99mg (5%), Zinc: 0.64mg (4.25%), Vitamin E: 0.63mg (4.2%), Copper: 0.07mg (3.69%), Vitamin A: 152.98IU (3.06%), Vitamin B12: 0.18µg (3.01%), Vitamin B5: 0.24mg (2.43%)