



Cauliflower and Caramelized Onion Tart

READY IN



45 min.

SERVINGS



8

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound cauliflower cored cut into 1-inch florets
- ☐ 1 tablespoon dijon mustard
- ☐ 2 large eggs
- ☐ 1 pinch ground nutmeg
- ☐ 0.3 teaspoon ground pepper white
- ☐ 1 cup gruyère cheese grated
- ☐ 7 ounce mascarpone cheese italian (cream cheese)
- ☐ 2.5 tablespoons olive oil divided
- ☐ 1 large onion halved lengthwise thinly sliced

- ☐ 0.8 cup parmesan cheese grated
- ☐ 1 pie crust refrigerated
- ☐ 1 tablespoon truffle oil
- ☐ 0.5 cup whipping cream

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ tart form

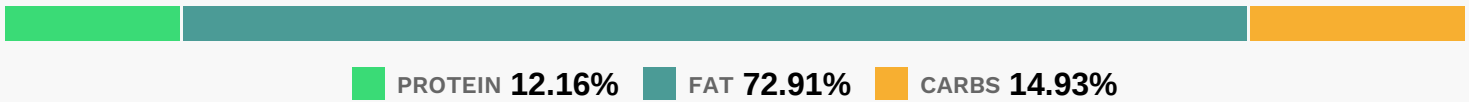
Directions

- ☐ Position rack in center of oven; preheat to 425°F. Toss cauliflower with 1 tablespoon olive oil in large bowl.
- ☐ Spread on large rimmed baking sheet, spacing apart.
- ☐ Sprinkle with salt and pepper. Roast 15 minutes; turn florets over. Continue roasting until tender, about 25 minutes longer. Cool cauliflower, then thinly slice.
- ☐ Drizzle with truffle oil; toss. Reduce oven temperature to 350°F.
- ☐ Press pie crust onto bottom and up sides of 9-inch-diameter tart pan with removable bottom. Line pie crust with foil; fill with pie weights.
- ☐ Bake crust 20 minutes.
- ☐ Remove foil and pie weights; bake until crust is golden, about 5 minutes, pressing crust with back of fork if bubbles form. Cool crust. Maintain oven temperature.
- ☐ Heat remaining 1 1/2 tablespoons olive oil in heavy large skillet over medium heat.
- ☐ Add onion; sprinkle with salt and pepper. Cook until onion is deep golden brown, stirring occasionally, about 40 minutes. Cool slightly. DO AHEAD Can be made 1 day ahead. Store crust at room temperature. Cover and chill cauliflower and onion separately.

- ☐
- Brush bottom and sides of crust with mustard.

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Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:0.96, Inflammation Score:-6, Nutrition Score:12.084347714549%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 462.61kcal (23.13%), Fat: 37.63g (57.89%), Saturated Fat: 18.03g (112.67%), Carbohydrates: 17.34g (5.78%), Net Carbohydrates: 15.23g (5.54%), Sugar: 2.49g (2.76%), Cholesterol: 114.42mg (38.14%), Sodium: 442.72mg (19.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.12g (28.25%), Vitamin C: 28.83mg (34.95%), Calcium: 323.53mg (32.35%), Phosphorus: 240.73mg (24.07%), Selenium: 12.24µg (17.49%), Vitamin A: 873IU (17.46%), Folate: 59.67µg (14.92%), Vitamin K: 15.25µg (14.52%), Vitamin B2: 0.24mg (14.12%), Manganese: 0.23mg (11.73%), Zinc: 1.54mg (10.28%), Vitamin E: 1.4mg (9.32%), Vitamin B6: 0.19mg (9.32%), Vitamin B12: 0.53µg (8.76%), Vitamin B5: 0.85mg (8.46%), Fiber: 2.11g (8.43%), Potassium: 282.87mg (8.08%), Vitamin B1: 0.12mg (7.99%), Iron: 1.21mg (6.73%), Magnesium: 26.51mg (6.63%), Vitamin B3: 0.94mg (4.69%), Vitamin D: 0.63µg (4.23%), Copper: 0.07mg (3.41%)