



Cheese-Bacon Tart

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



225 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 3 ounces canadian bacon diced
- ☐ 1 large eggs
- ☐ 16 ounce curd cottage cheese 1% low-fat
- ☐ 0.3 teaspoon nutmeg grated
- ☐ 2 tablespoons olive oil divided
- ☐ 0.3 cup parmesan cheese grated
- ☐ 3 scallions thinly sliced

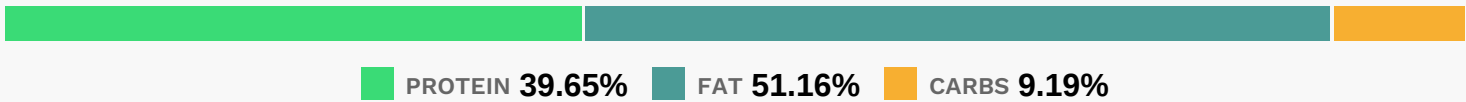
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 37
- ☐ In a food processor or blender, pure cottage cheese and egg 1 minute or until very smooth.
- ☐ Transfer to a bowl; stir in scallions and next 4 ingredients (through pepper) until well-combined.
- ☐ Brush bottom of 9-inch pie plate with 1 teaspoon oil. Stack 2 phyllo sheets together; brush with 2 1/2 teaspoons oil.
- ☐ Place in pie plate with the sides hanging over. Repeat with remaining phyllo and 2 1/2 teaspoons oil, alternating direction of layers.
- ☐ Spoon cheese mixture into pie plate. Pull phyllo overhang in about 2 inches all around, leaving center of pie exposed.
- ☐ Brush top with remaining 1/2 teaspoon oil.
- ☐ Place pan on a baking sheet, and bake 1 hour or until cheese is set and edges are lightly browned.
- ☐ Let stand 15 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:0.18, Inflammation Score:-3, Nutrition Score:9.7230436128119%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 224.95kcal (11.25%), Fat: 12.64g (19.45%), Saturated Fat: 3.57g (22.29%), Carbohydrates: 5.11g (1.7%), Net Carbohydrates: 4.82g (1.75%), Sugar: 3.38g (3.76%), Cholesterol: 67.1mg (22.37%), Sodium: 781.36mg (33.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.05g (44.1%), Selenium: 21.61µg (30.87%), Phosphorus: 271.79mg (27.18%), Vitamin K: 23.31µg (22.2%), Vitamin B2: 0.31mg (18.23%), Vitamin B12: 1.05µg (17.54%), Calcium: 140.46mg (14.05%), Vitamin B1: 0.2mg (13.05%), Vitamin B6: 0.19mg (9.62%), Vitamin E: 1.28mg (8.52%), Zinc: 1.2mg (7.98%), Vitamin B3: 1.53mg (7.67%), Folate: 26.58µg (6.65%), Potassium: 226.42mg (6.47%), Vitamin D: 0.88µg (5.84%), Vitamin B5: 0.57mg (5.75%), Vitamin A: 258.6IU (5.17%), Iron: 0.74mg (4.1%), Magnesium: 15.21mg (3.8%), Copper: 0.06mg (3.16%), Manganese: 0.05mg (2.55%), Vitamin C: 1.7mg (2.06%), Fiber: 0.29g (1.17%)