



Cheese, tomato & pesto tart

READY IN



30 min.

SERVINGS



4

CALORIES



651 kcal

Ingredients

- ☐ 375 ml puff pastry
- ☐ 85 g cheese (or other crumbly, sharp cheese)
- ☐ 1 handful olives pitted
- ☐ 250 g cherry tomatoes halved
- ☐ 2 tbsp basil pesto fresh

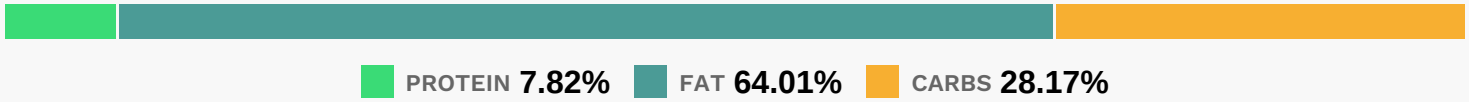
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 200c/fan 180c/gas
- ☐ Unroll the pastry onto a flat baking sheet and, using a sharp knife, score a rectangle two finger-widths from the edge. Fork the pastry all over the inside of the marked edge. Scatter the cheese, olives and tomatoes over the centre of the tart, then season to taste.
- ☐ Bake for 20–25 mins until pastry is crisp and risen, tomatoes are soft and the cheese is golden.
- ☐ Drizzle over the pesto and cut the tart into slices to serve. Great with a green salad.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:23.03, Inflammation Score:-6, Nutrition Score:13.733913064003%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 650.79kcal (32.54%), Fat: 46.55g (71.62%), Saturated Fat: 13.71g (85.69%), Carbohydrates: 46.1g (15.37%), Net Carbohydrates: 43.97g (15.99%), Sugar: 2.59g (2.87%), Cholesterol: 21.85mg (7.28%), Sodium: 527.41mg (22.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.8g (25.6%), Selenium: 29.06µg (41.51%), Vitamin B1: 0.4mg (26.86%), Manganese: 0.53mg (26.26%), Vitamin B2: 0.37mg (21.95%), Folate: 85.86µg (21.47%), Vitamin B3: 4.26mg (21.31%), Calcium: 181.16mg (18.12%), Vitamin C: 14.25mg (17.27%), Phosphorus: 171.27mg (17.13%), Vitamin K: 17.42µg (16.59%), Iron: 2.93mg (16.26%), Vitamin A: 690.34IU (13.81%), Zinc: 1.37mg (9.11%), Fiber: 2.13g (8.51%), Copper: 0.17mg (8.34%), Vitamin E: 1.21mg (8.04%), Magnesium: 26.91mg (6.73%), Potassium: 211.9mg (6.05%), Vitamin B6: 0.09mg (4.26%), Vitamin B12: 0.23µg (3.75%), Vitamin B5: 0.17mg (1.7%)