



Cheesy Baked Egg Tart with Tarragon, Tomato and Zucchini

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



278 kcal

Ingredients

- 8 oz regular crescent rolls refrigerated canned (8 Count)
- 2 plum tomatoes cut into 1/4-inch slices (Roma)
- 1 small zucchini cut into 1/4-inch slices
- 0.5 cup cheddar cheese shredded
- 0.5 cup swiss cheese shredded
- 2 sprigs tarragon fresh chopped
- 6 eggs cage-free

Equipment

frying pan

oven

Directions

- Heat oven to 425°F. Spray 15x10-inch pan with sides with cooking spray. Unroll dough on pan. Press out dough into 13x9-inch rectangle (do not separate into triangles); press perforations to seal.
- Arrange tomato and zucchini slices in single layer on top of dough. Top with all remaining ingredients except eggs. Break each egg into custard cup or saucer; slip onto cheese, spacing eggs evenly.
- Bake 12 to 14 minutes or until egg whites and yolks are firm, not runny. To serve, cut tart into 3 rows by 2 rows.

Nutrition Facts

 **PROTEIN 16.96%**  **FAT 58.38%**  **CARBS 24.66%**

Properties

Glycemic Index:29.5, Glycemic Load:0.57, Inflammation Score:-4, Nutrition Score:8.6530433996864%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 278.04kcal (13.9%), Fat: 18.46g (28.39%), Saturated Fat: 8.26g (51.62%), Carbohydrates: 17.55g (5.85%), Net Carbohydrates: 17.05g (6.2%), Sugar: 5.01g (5.57%), Cholesterol: 181.47mg (60.49%), Sodium: 440.46mg (19.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.06g (24.13%), Selenium: 18.95µg (27.07%), Phosphorus: 196.43mg (19.64%), Calcium: 184.12mg (18.41%), Vitamin B2: 0.3mg (17.72%), Vitamin A: 646.14IU (12.92%), Vitamin B12: 0.76µg (12.72%), Zinc: 1.43mg (9.54%), Iron: 1.62mg (8.98%), Folate: 33.11µg (8.28%), Vitamin B5: 0.81mg (8.11%), Vitamin C: 6.68mg (8.1%), Vitamin B6: 0.15mg (7.61%), Manganese: 0.13mg (6.26%), Vitamin D: 0.94µg (6.24%), Potassium: 194.8mg (5.57%), Vitamin E: 0.72mg (4.81%), Magnesium: 18.92mg (4.73%), Copper: 0.07mg (3.31%), Vitamin K: 2.96µg (2.82%), Vitamin B1: 0.04mg (2.63%), Fiber: 0.49g (1.98%), Vitamin B3: 0.31mg (1.57%)