



Chile and Cheese Tart

READY IN



15 min.

SERVINGS



6

CALORIES



478 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 7 ounce pepper flakes diced green canned
- ☐ 1.5 teaspoons kosher salt
- ☐ 1 9-inch deep dish pie crust frozen thaw (do not)
- ☐ 2 large eggs
- ☐ 0.8 cup cup heavy whipping cream
- ☐ 1 tablespoon olive oil
- ☐ 0.8 teaspoon hot sauce hot
- ☐ 1 small onion diced red
- ☐ 7 ounce sharp cheddar cheese shredded

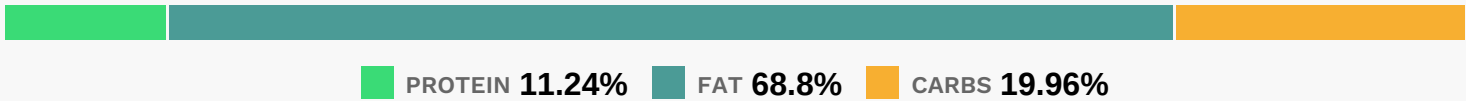
Equipment

- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 400°F.
- ☐ Heat oil in mediumskillet over medium–high heat.
- ☐ Add onion.Cover and cook until just tender, stirringoften, about 5 minutes. Cool briefly.
- ☐ Whisk cream and next 4 ingredients inbowl to blend.
- ☐ Mix in cheese, chiles, andonion mixture.
- ☐ Pour filling into frozen crust.
- ☐ Bake tart until golden brown and set incenter, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:1.69, Inflammation Score:-7, Nutrition Score:14.520434669826%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 477.66kcal (23.88%), Fat: 36.9g (56.76%), Saturated Fat: 17.12g (107.01%), Carbohydrates: 24.08g (8.03%), Net Carbohydrates: 22.73g (8.26%), Sugar: 3.58g (3.97%), Cholesterol: 128.69mg (42.9%), Sodium: 979.33mg (42.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.56g (27.12%), Vitamin C: 49.44mg (59.92%), Calcium: 279.98mg (28%), Selenium: 17.33µg (24.75%), Phosphorus: 247.07mg (24.71%), Vitamin A: 1175.23IU (23.5%), Vitamin B2: 0.37mg (21.52%), Manganese: 0.29mg (14.27%), Folate: 56.11µg (14.03%), Vitamin B6: 0.27mg (13.48%), Vitamin K: 13.7µg (13.05%), Zinc: 1.79mg (11.96%), Vitamin E: 1.73mg (11.55%), Vitamin B1: 0.14mg (9.35%), Vitamin B12: 0.55µg (9.11%), Iron: 1.63mg (9.07%), Vitamin B3: 1.43mg (7.13%), Magnesium: 28.29mg

(7.07%), Potassium: 246.24mg (7.04%), Vitamin B5: 0.69mg (6.94%), Vitamin D: 1.01μg (6.72%), Fiber: 1.36g (5.43%), Copper: 0.11mg (5.37%)