



Courgette, mushroom & mozzarella tart

 Vegetarian

READY IN



28 min.

SERVINGS



4

CALORIES



677 kcal

Ingredients

- ☐ 2 tbsp sun-dried tomato paste
- ☐ 1 garlic clove crushed
- ☐ 375 g sheets puff pastry
- ☐ 125 g mozzarella cheese cut into chunks
- ☐ 100 g mushrooms sliced
- ☐ 1 zucchini thinly sliced
- ☐ 1 tbsp olive oil
- ☐ 2 tsp oregano dried

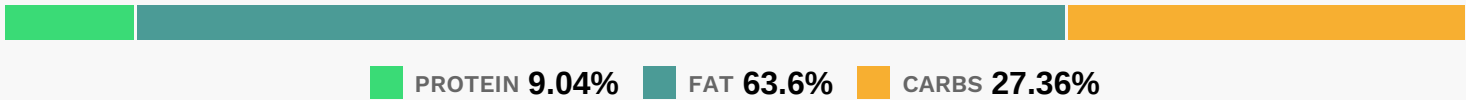
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Mix the tomato paste and garlic together.
- ☐ Place the pastry on a baking sheet and score a border about 1cm in from the edge. Prick the pastry within the border all over with a fork, then spread with the tomato mixture.
- ☐ Top with the cheese, mushrooms and courgette, drizzle with olive oil, then evenly scatter over the oregano along with a little salt and pepper.
- ☐ Bake for 20 mins until risen and golden, then slice and serve with salad

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:23.49, Inflammation Score:-8, Nutrition Score:16.30826080882%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 677.03kcal (33.85%), Fat: 47.72g (73.41%), Saturated Fat: 13.7g (85.63%), Carbohydrates: 46.17g (15.39%), Net Carbohydrates: 43.63g (15.86%), Sugar: 2.78g (3.09%), Cholesterol: 24.69mg (8.23%), Sodium: 576.34mg (25.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.27g (30.53%), Selenium: 30.57µg (43.67%), Manganese: 0.62mg (31.14%), Vitamin B2: 0.51mg (29.76%), Vitamin B1: 0.43mg (28.53%), Vitamin B3: 5.11mg (25.55%), Vitamin K: 25.63µg (24.41%), Folate: 93.48µg (23.37%), Phosphorus: 209.47mg (20.95%), Iron: 3.65mg (20.29%), Calcium: 191.54mg (19.15%), Vitamin B12: 0.72µg (12.04%), Vitamin C: 9.55mg (11.58%), Zinc: 1.73mg (11.53%), Vitamin A: 573.06IU (11.46%), Copper: 0.22mg (11.19%), Fiber: 2.54g (10.18%), Magnesium: 34.94mg (8.73%), Potassium: 302.71mg (8.65%), Vitamin E: 1.3mg (8.64%), Vitamin B6: 0.16mg (7.79%), Vitamin B5: 0.53mg (5.31%), Vitamin D: 0.17µg (1.17%)