



Crab-Artichoke Heart Tart

READY IN



45 min.

SERVINGS



6

CALORIES



506 kcal

Ingredients

- 14 ounce artichoke hearts drained chopped canned
- 8 ounces surimi crab sticks fresh
- 2 large eggs
- 1 garlic clove finely minced
- 0.5 cup green onions thinly sliced
- 0.1 teaspoon ground pepper white
- 4 ounces gruyère cheese shredded
- 1 cup half-and-half
- 1 teaspoon herbs de provence
- 1 tablespoon juice of lemon fresh

15 ounce piecrust refrigerated

0.3 teaspoon salt

Equipment

bowl

frying pan

oven

whisk

Directions

Bake piecrust in a 9-inch quiche pan or pie plate according to package directions until golden. (Prick pastry to prevent puffing.)

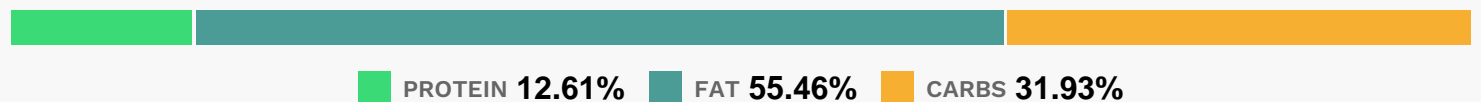
Combine crab and next 5 ingredients in a large bowl; set aside.

Whisk together eggs, half-and-half, and remaining ingredients in a small bowl. Fold egg mixture into crab mixture. Spoon into prepared tart shell.

Bake at 350 for 35 to 40 minutes, until top is lightly golden and center is set. Cool in pan 10 minutes; serve warm.

Wine note: Good crab is clean and fresh and pairs with almost anything. The challenge is the artichoke, as it is a notorious problem with wine. I recommend a racy New Zealand Sauvignon Blanc from Marlborough, as the herbal tones of the artichoke are accented by the herbal tones of the Sauvignon Blanc. I am particularly fond of the Terrace Heights Estate 2003 (\$18).--Steven Geddes

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.17, Inflammation Score:-5, Nutrition Score:13.356521813766%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg,

Naringenin: 0.03mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 506.37kcal (25.32%), Fat: 30.9g (47.54%), Saturated Fat: 12.73g (79.56%), Carbohydrates: 40.01g (13.34%), Net Carbohydrates: 36.92g (13.42%), Sugar: 2.57g (2.86%), Cholesterol: 100.88mg (33.63%), Sodium: 894.76mg (38.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.81g (31.62%), Calcium: 271.57mg (27.16%), Phosphorus: 261.84mg (26.18%), Vitamin K: 26.37µg (25.12%), Selenium: 16.76µg (23.94%), Vitamin B12: 1.38µg (22.96%), Vitamin B2: 0.34mg (20%), Manganese: 0.36mg (18.1%), Folate: 71.01µg (17.75%), Vitamin B1: 0.24mg (15.74%), Iron: 2.59mg (14.38%), Zinc: 2.04mg (13.61%), Fiber: 3.1g (12.39%), Vitamin B3: 2.15mg (10.76%), Vitamin A: 504.54IU (10.09%), Copper: 0.17mg (8.63%), Vitamin B5: 0.81mg (8.11%), Magnesium: 30.45mg (7.61%), Vitamin B6: 0.13mg (6.34%), Potassium: 208.56mg (5.96%), Vitamin E: 0.72mg (4.78%), Vitamin C: 3.81mg (4.61%), Vitamin D: 0.45µg (2.98%)