



Cranberry & blue cheese tart with pear salad

READY IN



45 min.

SERVINGS



4

CALORIES



840 kcal

Ingredients

- ☐ 4 onion finely sliced
- ☐ 2 tbsp olive oil
- ☐ 375 g puff pastry
- ☐ 3 tbsp roasted cranberry sauce
- ☐ 75 g cheese blue
- ☐ 2 little gem lettuces separated
- ☐ 1 pears cored thinly sliced
- ☐ 2 tbsp salad dressing

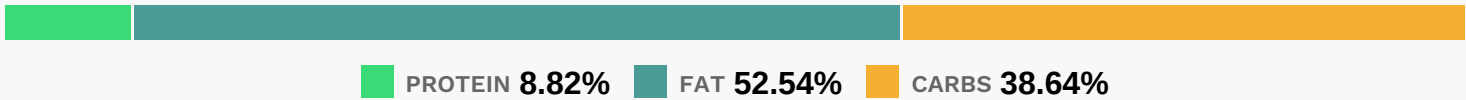
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ In a non-stick frying pan, cook the onions in the olive oil with some seasoning for 12–15 mins until golden and soft.
- ☐ Lay the pastry on a parchment-lined baking sheet.
- ☐ Spread over the cranberry sauce, leaving a small border. Scatter over the onions.
- ☐ Bake for 20–25 mins, sprinkling with cheese halfway through.
- ☐ Toss the lettuce leaves and pear with the dressing and serve alongside the tart.

Nutrition Facts



Properties

Glycemic Index:44.69, Glycemic Load:31.34, Inflammation Score:-9, Nutrition Score:37.983913229859%

Flavonoids

Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 5.64mg, Isorhamnetin: 5.64mg, Isorhamnetin: 5.64mg, Isorhamnetin: 5.64mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 22.97mg, Quercetin: 22.97mg, Quercetin: 22.97mg, Quercetin: 22.97mg

Nutrients (% of daily need)

Calories: 840.16kcal (42.01%), Fat: 50.86g (78.25%), Saturated Fat: 14.04g (87.72%), Carbohydrates: 84.17g (28.06%), Net Carbohydrates: 73.16g (26.6%), Sugar: 26.62g (29.58%), Cholesterol: 14.06mg (4.69%), Sodium: 538.93mg (23.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.21g (38.42%), Vitamin C: 106.5mg

(129.09%), Manganese: 1.62mg (81.14%), Vitamin B6: 1.44mg (71.85%), Vitamin B2: 1.18mg (69.71%), Folate: 268.29µg (67.07%), Potassium: 1811.03mg (51.74%), Vitamin B1: 0.71mg (47.31%), Fiber: 11.01g (44.04%), Vitamin K: 43.42µg (41.36%), Selenium: 27.33µg (39.04%), Phosphorus: 382.88mg (38.29%), Vitamin B3: 7.08mg (35.39%), Magnesium: 130.32mg (32.58%), Iron: 4.86mg (26.98%), Vitamin A: 1297.7IU (25.95%), Copper: 0.49mg (24.35%), Calcium: 224.02mg (22.4%), Zinc: 2.88mg (19.19%), Vitamin E: 2.58mg (17.21%), Vitamin B5: 1.36mg (13.59%), Vitamin B12: 0.23µg (3.81%)