



Crisp spinach tart with squash wedges

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



498 kcal

Ingredients

- ☐ 3 eggs beaten
- ☐ 250 g ricotta cheese
- ☐ 200 g spinach frozen dry chopped
- ☐ 1 spring onion finely sliced
- ☐ 0.5 basil pesto fresh
- ☐ 1 butternut squash peeled cut into wedges
- ☐ 0.5 tomatoes roughly chopped in oil
- ☐ 270 g dough
- ☐ 1 knob butter melted

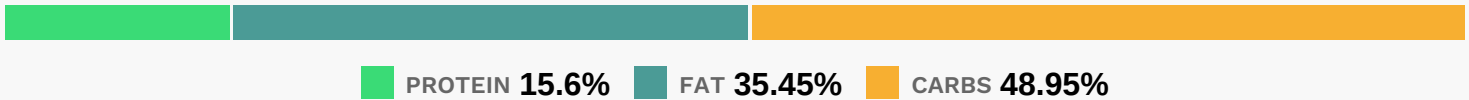
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Mix together the eggs and ricotta, then add the spinach, spring onion and pesto.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ Toss the squash in a little of the tomato oil, spread out on a baking sheet and roast for 15 mins. Unwrap the pastry and cover with a just-damp piece of kitchen paper.
- ☐ Mix the butter with 2 tbsp tomato oil.
- ☐ Brush the butter mixture over 1 sheet of pastry, then place in a 23cm tart tin.
- ☐ Brush another piece of pastry with butter and place slightly further around the tin. Keep brushing and lining the tin (keeping the pastry covered when not using) until you have used up the pack and the tin is completely covered. Trim away any pastry overhanging the edges of the tin, then bake for 5-10 mins until starting to crisp. Spoon the spinach mixture into the tin and scatter with the tomatoes. Cook for 20-25 mins more alongside the squash until the tart is set and the squash is cooked through.

Nutrition Facts



Properties

Glycemic Index:46.25, Glycemic Load:13.72, Inflammation Score:-10, Nutrition Score:35.729565185049%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 498.49kcal (24.92%), Fat: 20.11g (30.94%), Saturated Fat: 9.98g (62.38%), Carbohydrates: 62.5g (20.83%), Net Carbohydrates: 55.75g (20.27%), Sugar: 5.34g (5.94%), Cholesterol: 165.93mg (55.31%), Sodium: 506.06mg (22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.92g (39.84%), Vitamin A: 26542.28IU

(530.85%), Vitamin K: 198.33µg (188.88%), Selenium: 38.93µg (55.61%), Manganese: 1.09mg (54.37%), Vitamin C: 44.8mg (54.3%), Folate: 209.92µg (52.48%), Vitamin B1: 0.63mg (41.91%), Vitamin B2: 0.66mg (38.79%), Vitamin E: 4.84mg (32.27%), Calcium: 314.94mg (31.49%), Magnesium: 124.61mg (31.15%), Phosphorus: 307.15mg (30.72%), Potassium: 1040.09mg (29.72%), Iron: 5.33mg (29.59%), Vitamin B3: 5.45mg (27.26%), Fiber: 6.75g (26.99%), Vitamin B6: 0.49mg (24.61%), Vitamin B5: 1.66mg (16.62%), Copper: 0.32mg (16.18%), Zinc: 2.09mg (13.9%), Vitamin B12: 0.52µg (8.59%), Vitamin D: 0.79µg (5.23%)