



Easy Zucchini, Tomato, and Cheese Tart

 Vegetarian

READY IN



70 min.

SERVINGS



4

CALORIES



725 kcal

Ingredients

- 14 ounce canned tomatoes diced drained well canned
- 3 large eggs
- 2 garlic cloves minced
- 1 cup gouda cheese smoked grated
- 4 servings seasoning pepper black generous freshly ground
- 2 tablespoons olive oil
- 1 onion diced finely
- 1 sheet puff pastry frozen (half of a 17-ounce package)
- 0.5 teaspoon salt

- 2 medium zucchini thinly sliced quartered

Equipment

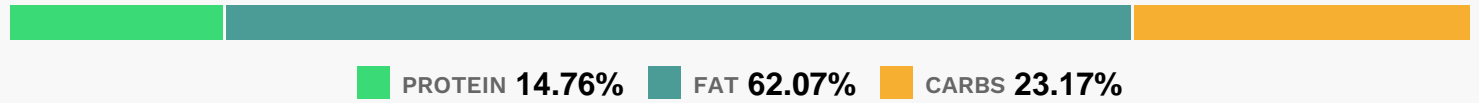
- bowl
- frying pan
- oven
- knife
- wire rack
- kitchen scissors
- tart form

Directions

- Remove the puff pastry from the package and let thaw at room temperature for about 30 minutes, or until no longer frozen but still cool.
- Meanwhile, heat the oil in a large skillet over medium heat.
- Add the onion and garlic, and cook 5 minutes, or until the onion is slightly tender. Stir in the zucchini and saute just until it begins to soften, about 5 minutes.
- Mix in the drained tomatoes and raise the heat to medium-high. Cook, stirring often, until the zucchini is tender but not mushy and the juices have evaporated.
- Let cool.
- Lightly butter a dark-colored 9-inch tart pan with a removable rim or a glass pie plate. On a lightly floured surface, roll the puff pastry into an 11-inch square. Fit it into the tart pan or pie plate. Trim off the overhanging pieces of pastry with scissors. Refrigerate the crust, uncovered, for 15 minutes, or up to 8 hours, covered.
- Preheat the oven to 425 degrees F.
- Beat the eggs in a large bowl. Stir in the cheese, salt, pepper, and cooled vegetables. Spoon the mixture into the tart pan.
- Bake 25 to 30 minutes, or until the pastry is brown and a knife inserted in the center of the tart comes out clean.
- Remove the outer rim of the tart pan.

Let the tart cool on a wire rack for 20 minutes before slicing. It is best to serve this tart very warm rather than piping hot.

Nutrition Facts



Properties

Glycemic Index:56.25, Glycemic Load:18.37, Inflammation Score:-8, Nutrition Score:26.008695498757%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg

Nutrients (% of daily need)

Calories: 725.45kcal (36.27%), Fat: 50.74g (78.06%), Saturated Fat: 18.59g (116.2%), Carbohydrates: 42.62g (14.21%), Net Carbohydrates: 38.31g (13.93%), Sugar: 9.9g (11%), Cholesterol: 206.93mg (68.98%), Sodium: 1121.19mg (48.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.15g (54.29%), Selenium: 36.06µg (51.51%), Phosphorus: 513.36mg (51.34%), Calcium: 500.3mg (50.03%), Vitamin B2: 0.7mg (40.9%), Manganese: 0.75mg (37.25%), Vitamin C: 29.17mg (35.36%), Folate: 119.53µg (29.88%), Vitamin B1: 0.41mg (27.39%), Zinc: 3.76mg (25.08%), Vitamin B6: 0.48mg (24.22%), Vitamin K: 25.32µg (24.11%), Iron: 4.15mg (23.07%), Vitamin E: 3.24mg (21.6%), Vitamin B3: 4.32mg (21.58%), Potassium: 754.81mg (21.57%), Vitamin B12: 1.24µg (20.74%), Vitamin A: 946.67IU (18.93%), Copper: 0.37mg (18.42%), Magnesium: 72.24mg (18.06%), Fiber: 4.31g (17.23%), Vitamin B5: 1.3mg (12.96%), Vitamin D: 1.05µg (6.97%)