



## Eggplant, Tomato, and Smoked Mozzarella Tart

READY IN



45 min.

SERVINGS



4

CALORIES



250 kcal

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon pepper black freshly ground
- 1 pound eggplant
- 1 cup flour all-purpose
- 1 tablespoon basil fresh chopped
- 1 tablespoon basil fresh chopped
- 1.5 teaspoons mint leaves fresh chopped
- 4 garlic clove thinly sliced
- 0.5 teaspoon olive oil

- 1 tablespoon olive oil
- 1.5 teaspoons oregano fresh chopped
- 2 tablespoons parmesan fresh grated
- 6 ounces plum tomatoes thinly sliced
- 0.3 teaspoon salt
- 0.8 teaspoon salt divided
- 2 ounces mozzarella cheese smoked shredded divided
- 0.3 cup water
- 1 tablespoon wheat germ toasted

## Equipment

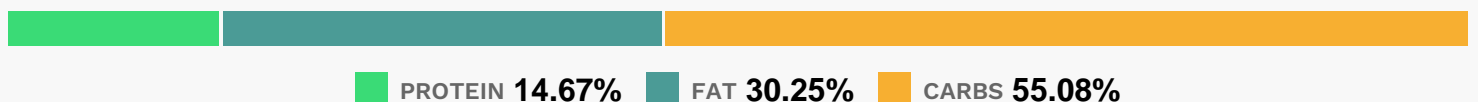
- bowl
- frying pan
- baking sheet
- paper towels
- oven
- knife
- whisk
- wire rack
- plastic wrap
- measuring cup
- tart form

## Directions

- Preheat oven to 40
- To prepare crust, lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour and next 4 ingredients (flour through 1/4 teaspoon salt) in a large bowl, stirring with a whisk; make a well in center of mixture.

- Add water and 1 tablespoon oil, stirring to form a soft dough. Turn dough out onto a lightly floured surface; knead lightly 4 times. Gently press dough into a 4-inch circle on plastic wrap; cover and chill 15 minutes.
- Slightly overlap 2 sheets of plastic wrap on a slightly damp surface. Unwrap dough, and place chilled dough on plastic wrap. Cover with 2 additional sheets of overlapping plastic wrap.
- Roll dough, still covered, into an 11-inch circle.
- Remove top sheets of plastic wrap. Fit dough, plastic-wrap side up, into a 10-inch round removable-bottom tart pan coated with cooking spray.
- Remove remaining plastic wrap. Press dough against bottom and sides of pan. Pierce bottom and sides of dough with a fork; bake at 400 for 10 minutes. Cool completely on a wire rack.
- To prepare filling, arrange eggplant on several layers of heavy-duty paper towels.
- Sprinkle eggplant with 1/2 teaspoon salt; let stand 15 minutes. Pat dry with paper towels; brush eggplant with 1/2 teaspoon oil. Arrange eggplant in a single layer on a baking sheet coated with cooking spray.
- Bake at 400 for 20 minutes. Stack eggplant slices on a plate; cover with plastic wrap.
- Let eggplant stand 7 minutes to steam.
- Heat a large nonstick skillet coated with cooking spray over medium heat.
- Add garlic; cook 1 minute, stirring constantly.
- Remove from heat; stir in 1/4 teaspoon salt, basil, oregano, mint, and tomatoes.
- Sprinkle 2 tablespoons smoked mozzarella on bottom of baked crust.
- Layer eggplant and tomato mixture in crust; sprinkle with 6 tablespoons smoked mozzarella and Parmesan.
- Bake at 400 for 10 minutes or until cheese melts.
- Cut into 8 wedges.

## Nutrition Facts



## Properties

Glycemic Index:124, Glycemic Load:19.35, Inflammation Score:-8, Nutrition Score:14.327826125466%

## Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## **Nutrients (% of daily need)**

Calories: 250.26kcal (12.51%), Fat: 8.6g (13.24%), Saturated Fat: 2.97g (18.54%), Carbohydrates: 35.25g (11.75%), Net Carbohydrates: 29.85g (10.85%), Sugar: 5.44g (6.04%), Cholesterol: 12.9mg (4.3%), Sodium: 823.1mg (35.79%), Alcohol: 0g (100%), Protein: 9.39g (18.77%), Manganese: 0.85mg (42.27%), Folate: 96.18µg (24.04%), Vitamin B1: 0.34mg (22.96%), Selenium: 15.47µg (22.11%), Fiber: 5.4g (21.61%), Calcium: 200.84mg (20.08%), Vitamin K: 19.47µg (18.54%), Phosphorus: 178.87mg (17.89%), Vitamin B2: 0.27mg (15.78%), Vitamin B3: 3.02mg (15.09%), Iron: 2.52mg (13.98%), Potassium: 447.57mg (12.79%), Vitamin C: 9.47mg (11.47%), Vitamin A: 564.39IU (11.29%), Vitamin B6: 0.22mg (10.79%), Copper: 0.2mg (9.96%), Magnesium: 38.96mg (9.74%), Vitamin E: 1.35mg (8.98%), Zinc: 1.19mg (7.96%), Vitamin B12: 0.35µg (5.89%), Vitamin B5: 0.59mg (5.86%)