



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
- ☐ 1.5 teaspoons mint leaves fresh chopped
- ☐ 4 garlic cloves thinly sliced
- ☐ 0.5 teaspoon olive oil
- ☐ 1 tablespoon olive oil

- ☐ 1.5 teaspoons oregano fresh chopped
- ☐ 2 tablespoons parmesan cheese 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

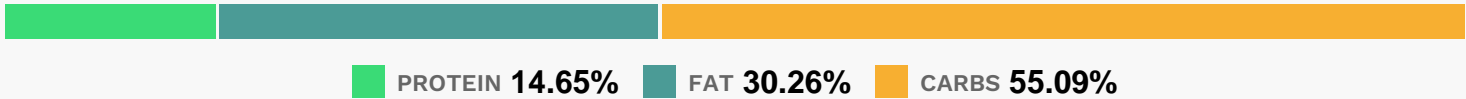
Directions

- ☐ 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:106.5, Glycemic Load:19.35, Inflammation Score:-8, Nutrition Score:14.170869514994%

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: 250.14kcal (12.51%), Fat: 8.6g (13.23%), Saturated Fat: 2.97g (18.54%), Carbohydrates: 35.24g (11.75%), Net Carbohydrates: 29.84g (10.85%), Sugar: 5.44g (6.04%), Cholesterol: 12.9mg (4.3%), Sodium: 823.08mg (35.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.37g (18.74%), Manganese: 0.84mg (41.98%), Folate: 95.84µg (23.96%), Vitamin B1: 0.34mg (22.94%), Selenium: 15.47µg (22.1%), Fiber: 5.4g (21.58%), Calcium: 199.96mg (20%), Phosphorus: 178.59mg (17.86%), Vitamin K: 17.4µg (16.57%), Vitamin B2: 0.27mg (15.76%), Vitamin B3: 3.01mg (15.06%), Iron: 2.5mg (13.9%), Potassium: 446.09mg (12.75%), Vitamin C: 9.38mg (11.36%), Vitamin A: 538.02IU (10.76%), Vitamin B6: 0.22mg (10.75%), Copper: 0.2mg (9.86%), Magnesium: 38.63mg (9.66%), Vitamin E: 1.34mg (8.95%), Zinc: 1.19mg (7.93%), Vitamin B12: 0.35µg (5.89%), Vitamin B5: 0.59mg (5.85%)