



Fennel-Tomato Tart

READY IN



45 min.

SERVINGS



12

CALORIES



152 kcal

Ingredients

- ☐ 1 head fennel bulb fresh rinsed (1 lb. untrimmed)
- ☐ 3.5 tablespoons olive oil
- ☐ 0.8 cup parmesan cheese shredded finely
- ☐ 0.5 cup parsley chopped
- ☐ 1 disk cheese pastry dough
- ☐ 15 round) stemmed (pear-shaped rinsed sliced in half
- ☐ 12 servings salt and pepper
- ☐ 7 shallots peeled sliced

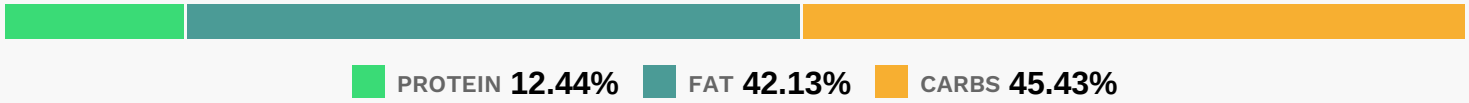
Equipment

- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ tart form

Directions

- ☐ On a lightly floured board, roll pastry into a round 14 inches wide.
- ☐ Transfer pastry into a 12-inch tart pan with removable rim. Press into pan and trim off overhanging dough by pressing edge against pan's rim. Reserve pastry scraps for another use or discard. Prick the bottom all over with a fork, cover with plastic wrap, and freeze 30 minutes, or up to 1 week.
- ☐ Meanwhile, trim and discard base of fennel, along with tough green stalks. Thinly slice fennel head crosswise.
- ☐ Preheat oven to 350 (convection not recommended). Set a 10- to 12-inch frying pan over medium-low heat.
- ☐ Add olive oil, fennel, and shallots. Cook, stirring often, until vegetables are golden brown, about 30 minutes.
- ☐ Sprinkle with parsley, season with salt and pepper to taste, and remove from heat.
- ☐ Remove tart crust from freezer and place (still in pan) in preheated oven.
- ☐ Bake until golden brown, about 20 minutes.
- ☐ Remove from oven and top evenly with parmesan, then fennel-shallot mixture, then tomatoes.
- ☐ Bake until cheese begins to turn pale golden brown, about 10 to 15 minutes longer.
- ☐ Remove pan rim, cut into wedges, and serve warm or at room temperature.
- ☐ Do-ahead tips: Make dough through step Keep frozen, wrapped tightly, up to 1 week. Make fennel-shallot topping up to 3 days ahead. Refrigerate, covered, until ready to use.

Nutrition Facts



Properties

Glycemic Index:14.33, Glycemic Load:5.59, Inflammation Score:-5, Nutrition Score:8.4695651511783%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 152.38kcal (7.62%), Fat: 7.21g (11.09%), Saturated Fat: 1.96g (12.26%), Carbohydrates: 17.49g (5.83%), Net Carbohydrates: 15.74g (5.72%), Sugar: 2.56g (2.84%), Cholesterol: 4.25mg (1.42%), Sodium: 423.53mg (18.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.58%), Vitamin K: 57.11µg (54.39%), Vitamin C: 11.68mg (14.15%), Manganese: 0.22mg (11.01%), Selenium: 7.32µg (10.46%), Vitamin B1: 0.15mg (10.03%), Calcium: 97.49mg (9.75%), Folate: 37.98µg (9.49%), Phosphorus: 86.96mg (8.7%), Iron: 1.45mg (8.05%), Vitamin A: 390.04IU (7.8%), Fiber: 1.75g (7%), Vitamin B2: 0.12mg (6.91%), Vitamin B3: 1.28mg (6.39%), Potassium: 212.9mg (6.08%), Vitamin E: 0.88mg (5.85%), Vitamin B6: 0.09mg (4.56%), Magnesium: 15.83mg (3.96%), Copper: 0.07mg (3.57%), Zinc: 0.44mg (2.95%), Vitamin B5: 0.22mg (2.24%), Vitamin B12: 0.08µg (1.25%)