



Feta and Scallion Tart

 Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



483 kcal

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1 tablespoon butter
- ☐ 1 eggs
- ☐ 12 ounces feta cheese crumbled
- ☐ 1.3 cups flour all-purpose
- ☐ 4 servings kosher salt
- ☐ 2 tablespoons olive oil divided
- ☐ 4 spring onion thinly sliced
- ☐ 3 teaspoons vodka

☐ 1 cup water

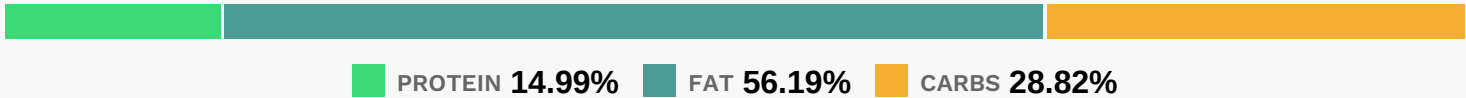
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk

Directions

- ☐ Adjust oven rack to middle position and preheat to 500°. In a large bowl, mix together vodka, 2 tablespoons olive oil, water, and egg and whisk until everything is evenly incorporated. In a separate bowl, mix together flour, baking powder, and 1 teaspoon salt. Gently whisk wet ingredients into dry ingredients until a batter forms, making sure to whisk out all the lumps.
- ☐ Pour remaining 1/4 cup olive oil onto rimmed baking sheet and spread over surface with fingertips or a paper towel.
- ☐ Pour batter onto sheet pan, sprinkle with feta and scallions, and dot with butter.
- ☐ Bake until feta is beginning to brown and crust is crisp and golden, about 25 minutes.
- ☐ Let sit for 5 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:72.75, Glycemic Load:22.7, Inflammation Score:-6, Nutrition Score:19.306521892548%

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 Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 482.91kcal (24.15%), Fat: 29.58g (45.5%), Saturated Fat: 14.49g (90.53%), Carbohydrates: 34.14g (11.38%), Net Carbohydrates: 32.77g (11.92%), Sugar: 0.43g (0.48%), Cholesterol: 124.14mg (41.38%), Sodium: 1233.8mg (53.64%), Alcohol: 1.25g (100%), Alcohol %: 0.72% (100%), Protein: 17.75g (35.49%), Vitamin B2: 0.97mg (57.18%), Calcium: 457.44mg (45.74%), Selenium: 29.48µg (42.12%), Phosphorus: 361.53mg (36.15%), Vitamin B1: 0.45mg (29.93%), Vitamin K: 30.98µg (29.5%), Folate: 111.65µg (27.91%), Vitamin B12: 1.54µg (25.69%), Vitamin B6: 0.4mg (20.2%), Zinc: 2.92mg (19.47%), Vitamin B3: 3.22mg (16.11%), Manganese: 0.31mg (15.65%), Iron: 2.8mg (15.58%), Vitamin A: 625.41IU (12.51%), Vitamin B5: 1.17mg (11.75%), Vitamin E: 1.45mg (9.65%), Magnesium: 29.21mg (7.3%), Copper: 0.11mg (5.57%), Fiber: 1.37g (5.47%), Potassium: 143.86mg (4.11%), Vitamin D: 0.56µg (3.73%), Vitamin C: 2.26mg (2.73%)