



French Tomato Tart

READY IN



45 min.

SERVINGS



7

CALORIES



437 kcal

Ingredients

- ☐ 6 fillet to 8 anchovy canned drained
- ☐ 0.3 lb butter
- ☐ 6 calamata olives pitted
- ☐ 2 tablespoons dijon mustard
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 2 teaspoons thyme leaves dried fresh
- ☐ 1 clove garlic minced peeled
- ☐ 2 teaspoons marjoram leaves dried fresh chopped
- ☐ 3 tablespoons olive oil

- ☐ 1 teaspoon oregano leaves or dried fresh chopped
- ☐ 7 servings salt and pepper
- ☐ 3 tablespoons shallots chopped
- ☐ 0.5 lb swiss cheese shredded
- ☐ 3 tablespoons tomato paste
- ☐ 4 firm-ripe tomatoes cored rinsed (each 3 in. wide;)

Equipment

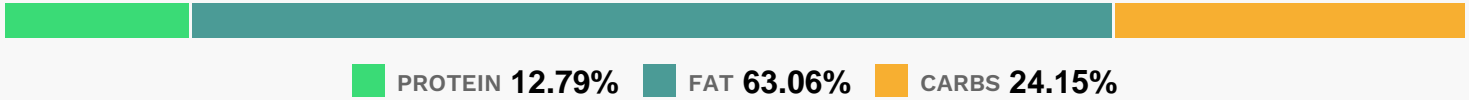
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ tart form

Directions

- ☐ In a food processor or bowl, combine flour and butter. Whirl or rub with your fingers until fine crumbs form.
- ☐ Add egg and whirl or stir with a fork until dough holds together. Pat dough into a ball, then press evenly over bottom and sides of a 10-inch tart pan with removable rim.
- ☐ Bake in a 325 oven until crust is pale gold, about 30 minutes (about 25 minutes in a convection oven).
- ☐ Meanwhile, cut tomatoes in half and gently squeeze out seeds.
- ☐ Cut tomatoes crosswise into 1-inch-thick slices, and lay on towels to drain. Save ends.
- ☐ Remove baked crust from oven and turn oven to 40
- ☐ Spread mustard over bottom of crust, then sprinkle evenly with 1 1/2 cups cheese. Fit largest tomato slices snugly in a single layer on cheese.
- ☐ Cut remaining tomato slices into pieces to fill the gaps; reserve extra tomato pieces for other uses.
- ☐ In a small bowl, mix oil to blend with tomato paste, shallots, garlic, thyme, marjoram, and oregano.

- ☐ Spread over tomatoes.
- ☐ Sprinkle with remaining cheese. Arrange anchovies and olives on tomatoes.
- ☐ Bake in a 400 oven until cheese is lightly browned, about 25 minutes (about 18 minutes in a convection oven).
- ☐ Remove pan rim.
- ☐ Cut the tart into wedges and serve hot or warm.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:51.29, Glycemic Load:16.35, Inflammation Score:-9, Nutrition Score:15.008260778759%

Flavonoids

Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 437.29kcal (21.86%), Fat: 30.98g (47.66%), Saturated Fat: 9.83g (61.43%), Carbohydrates: 26.69g (8.9%), Net Carbohydrates: 24.2g (8.8%), Sugar: 3.22g (3.57%), Cholesterol: 57.43mg (19.14%), Sodium: 607.79mg (26.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.13g (28.27%), Selenium: 23.59µg (33.69%), Calcium: 326.66mg (32.67%), Vitamin A: 1628.49IU (32.57%), Phosphorus: 266.53mg (26.65%), Vitamin B2: 0.3mg (17.92%), Vitamin B12: 1.07µg (17.76%), Manganese: 0.35mg (17.51%), Vitamin B1: 0.26mg (17.48%), Folate: 69.78µg (17.45%), Vitamin E: 2.55mg (17.03%), Vitamin C: 12.62mg (15.29%), Zinc: 1.95mg (12.99%), Iron: 2.23mg (12.39%), Vitamin K: 13µg (12.38%), Vitamin B3: 2.48mg (12.38%), Fiber: 2.49g (9.97%), Potassium: 340.34mg (9.72%), Magnesium: 34.28mg (8.57%), Vitamin B6: 0.15mg (7.5%), Copper: 0.15mg (7.29%), Vitamin B5: 0.49mg (4.93%), Vitamin D: 0.16µg (1.05%)