



## Fresh Tomato and Cheese Puff-Pastry Tart

 Vegetarian

READY IN



35 min.

SERVINGS



6

CALORIES



435 kcal

DESSERT

### Ingredients

- 2 tablespoons balsamic vinegar
- 6 servings pepper black freshly ground
- 1 large eggs lightly beaten
- 3 tablespoons goat cheese
- 1 pound cherry tomatoes halved
- 1 teaspoon honey
- 6 servings kosher salt
- 14 ounce puff pastry frozen thawed

0.3 cup ricotta cheese

## Equipment

bowl

baking sheet

sauce pan

baking paper

oven

## Directions

Heat the oven to 400°F and arrange a rack in the middle. Line a baking sheet with parchment paper; set aside.

Cut the puff pastry into 6 (4-inch) squares and place on the prepared baking sheet.

Brush with a thin coating of the egg and bake until golden and puffed, about 20 minutes. Meanwhile, bring the balsamic vinegar and honey to a simmer over medium heat in a small saucepan. Cook until reduced and syrupy, about 3 to 5 minutes; set aside.

Place the ricotta and goat cheese in a medium bowl, season with salt and pepper, and mix until evenly combined. Divide mixture evenly amongst the puff pastry squares and spread into an even layer. Divide the tomatoes over the cheese and season with salt and pepper.

Drizzle with the vinegar reduction, and serve.

## Nutrition Facts



**PROTEIN 8.32%** **FAT 59.49%** **CARBS 32.19%**

## Properties

Glycemic Index:36.21, Glycemic Load:17.2, Inflammation Score:-6, Nutrition Score:10.747826151226%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

## Nutrients (% of daily need)

Calories: 434.96kcal (21.75%), Fat: 28.9g (44.46%), Saturated Fat: 8.53g (53.31%), Carbohydrates: 35.17g (11.72%), Net Carbohydrates: 33.62g (12.23%), Sugar: 4.25g (4.72%), Cholesterol: 39.49mg (13.16%), Sodium: 414.38mg (18.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.1g (18.19%), Selenium: 20.65µg (29.5%), Manganese: 0.43mg (21.67%), Vitamin C: 17.24mg (20.9%), Vitamin B1: 0.3mg (20.01%), Vitamin B2: 0.29mg (17.02%), Folate: 67.46µg (16.87%), Vitamin B3: 3.21mg (16.04%), Iron: 2.58mg (14.33%), Vitamin K: 13.2µg (12.57%), Phosphorus: 112.82mg (11.28%), Vitamin A: 534.18IU (10.68%), Copper: 0.19mg (9.74%), Potassium: 237.28mg (6.78%), Fiber: 1.55g (6.2%), Vitamin E: 0.89mg (5.95%), Vitamin B6: 0.11mg (5.51%), Magnesium: 21.48mg (5.37%), Calcium: 52.86mg (5.29%), Zinc: 0.76mg (5.04%), Vitamin B5: 0.3mg (2.97%), Vitamin B12: 0.12µg (2.04%), Vitamin D: 0.22µg (1.44%)