



Garlicky Tomato Tart

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



125 kcal

DESSERT

Ingredients

- ☐ 10 inch greek baking-powder piecrust
- ☐ 1 tablespoon teaspoon basil dried fresh chopped
- ☐ 2 large egg whites
- ☐ 2 large eggs
- ☐ 4 garlic cloves minced
- ☐ 2 tablespoons nonfat milk dry
- ☐ 1 teaspoon olive oil
- ☐ 1 ounce parmesan cheese fresh finely grated

- ☐ 0.1 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup skim milk
- ☐ 0.1 teaspoon sugar
- ☐ 1 tablespoon sun-dried tomato paste
- ☐ 1 ounce swiss cheese shredded
- ☐ 1 pound tomatoes peeled seeded chopped
- ☐ 2 large tomatoes ripe cut into 1/4-inch-thick slices (3/4 pound)
- ☐ 1 teaspoon or dried fresh chopped

Equipment

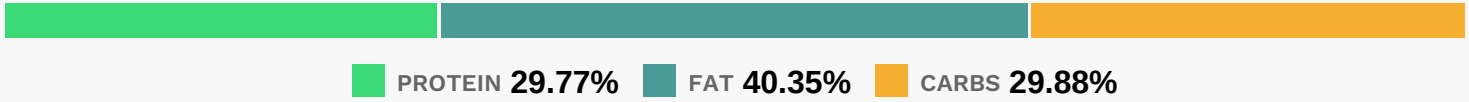
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat oven to 37
- ☐ Press Greek Baking-Powder Piecrust into a 10-inch quiche dish coated with cooking spray.
- ☐ Combine eggs and egg whites in a medium bowl; beat well with a whisk.
- ☐ Brush 2 tablespoons egg mixture over crust; set remaining egg mixture aside.
- ☐ Bake at 375 for 7 minutes; cool on a wire rack.
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add garlic; saut 30 seconds.
- ☐ Add chopped tomato, tomato paste, salt, and sugar; saut 15 minutes or until thick (mixture will have a pasty consistency).
- ☐ Remove from heat; stir in thyme, basil, and pepper.

- ☐ Add milks to remaining egg mixture in bowl; beat well. Stir in tomato mixture. Arrange sliced tomatoes in bottom of prepared crust; spoon egg mixture into dish.
- ☐ Sprinkle with cheeses.
- ☐ Bake at 375 for 45 minutes or until knife inserted near center comes out clean.

Nutrition Facts



Properties

Glycemic Index:69.89, Glycemic Load:1.46, Inflammation Score:-7, Nutrition Score:10.595217538917%

Flavonoids

Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 124.88kcal (6.24%), Fat: 5.65g (8.7%), Saturated Fat: 2.31g (14.45%), Carbohydrates: 9.41g (3.14%), Net Carbohydrates: 7.81g (2.84%), Sugar: 6.35g (7.06%), Cholesterol: 70.92mg (23.64%), Sodium: 538.75mg (23.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.38g (18.77%), Calcium: 232.29mg (23.23%), Vitamin C: 16.28mg (19.73%), Vitamin A: 976.76IU (19.54%), Phosphorus: 187.76mg (18.78%), Vitamin B2: 0.29mg (16.78%), Selenium: 11.4µg (16.29%), Potassium: 435.78mg (12.45%), Vitamin K: 11.93µg (11.36%), Vitamin B6: 0.22mg (11.01%), Vitamin B12: 0.62µg (10.27%), Manganese: 0.19mg (9.6%), Iron: 1.7mg (9.42%), Vitamin E: 1.17mg (7.79%), Magnesium: 29.1mg (7.28%), Zinc: 1.03mg (6.84%), Folate: 26.72µg (6.68%), Vitamin B5: 0.66mg (6.61%), Vitamin B1: 0.1mg (6.44%), Fiber: 1.6g (6.42%), Vitamin D: 0.93µg (6.21%), Copper: 0.12mg (5.86%), Vitamin B3: 1.02mg (5.1%)