



## Goat Cheese Tart

 Vegetarian

READY IN



2485 min.

SERVINGS



6

CALORIES



700 kcal

### Ingredients

- 0.3 cup basil leaves chopped
- 0.1 teaspoon pepper black freshly ground
- 3 extra large eggs
- 1.5 cups flour for dusting all-purpose plus more the board
- 10.5 ounces garlic-and-herb goat cheese soft
- 1 cup heavy cream
- 3 tablespoons ice water
- 6 servings kosher salt
- 0.8 cup shallots chopped (3 to 4 shallots)

- 13 tablespoons butter unsalted cold divided

## Equipment

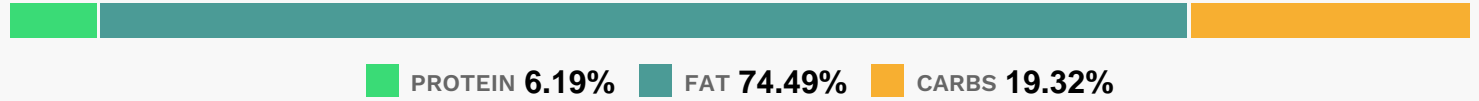
- food processor
- bowl
- frying pan
- oven
- plastic wrap
- aluminum foil
- tart form

## Directions

- Preheat the oven to 350 degrees F.
- For the crust, put the flour and 1/4 teaspoon salt in the bowl of a food processor fitted with the steel blade.
- Cut 12 tablespoons (1 1/2 sticks) of the butter into large dice, add to the bowl, and pulse until the butter is the size of peas. With the machine running, add the ice water all at once and process until the dough becomes crumbly. Don't overprocess. Dump the dough out on a floured board, gather it loosely into a ball, cover with plastic wrap, and refrigerate for 30 minutes.
- Roll the dough on a well-floured board and fit it into a 9-inch tart pan with a removable sides, rolling the pin over the top to cut off the excess dough. Butter 1 side of a square of aluminum foil and fit it, butter side down, into the tart pan. Fill the foil with rice or beans.
- Bake for 20 minutes.
- Remove the beans and foil from the tart shell, prick the bottom all over with a fork, and bake for another 10 minutes.
- Meanwhile, heat the remaining tablespoon of butter in a small pan and saute the shallots over low heat for 5 minutes, or until tender.
- Place the goat cheese in the bowl of the food processor and process until crumbly.
- Add the cream, eggs, basil, 1/4 teaspoon salt, and the pepper and process until blended.
- Scatter the cooked shallots over the bottom of the tart shell.

- Pour the goat cheese mixture over the shallots to fill the shell (if the shell has shrunk, there may be leftover filling).
- Bake for 30 to 40 minutes, until the tart is firm when shaken and the top is lightly browned. Allow to cool for 10 minutes and serve hot or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:34.5, Glycemic Load:18.47, Inflammation Score:-7, Nutrition Score:11.589130360147%

## Nutrients (% of daily need)

Calories: 700.33kcal (35.02%), Fat: 59.18g (91.05%), Saturated Fat: 35.34g (220.91%), Carbohydrates: 34.53g (11.51%), Net Carbohydrates: 32.71g (11.9%), Sugar: 3.7g (4.11%), Cholesterol: 268.13mg (89.38%), Sodium: 521.82mg (22.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.07g (22.15%), Vitamin A: 1546.49IU (30.93%), Selenium: 21.04µg (30.06%), Vitamin B2: 0.37mg (22%), Folate: 83.59µg (20.9%), Vitamin B1: 0.28mg (18.94%), Manganese: 0.33mg (16.31%), Phosphorus: 137.85mg (13.78%), Iron: 2.38mg (13.21%), Vitamin D: 1.65µg (11%), Vitamin B3: 1.97mg (9.86%), Vitamin E: 1.4mg (9.34%), Vitamin B6: 0.18mg (8.99%), Vitamin B5: 0.79mg (7.89%), Vitamin K: 8.03µg (7.64%), Fiber: 1.82g (7.27%), Calcium: 67.07mg (6.71%), Potassium: 219.36mg (6.27%), Vitamin B12: 0.36µg (6.07%), Zinc: 0.83mg (5.54%), Copper: 0.11mg (5.31%), Magnesium: 20.62mg (5.16%), Vitamin C: 2.78mg (3.37%)