



## Goat's cheese & red pepper tart

 Vegetarian

READY IN



65 min.

SERVINGS



4

CALORIES



381 kcal

### Ingredients

- ☐ 2 large onion red thinly sliced
- ☐ 2 tbsp olive oil
- ☐ 1 tbsp balsamic vinegar
- ☐ 12 olives black pitted
- ☐ 2 bell pepper red heart-shaped (choose tapered, ones if possible)
- ☐ 200 g pastry crust
- ☐ 150 g goat cheese such as sainte-maure de touraine or capricorn firm
- ☐ 250 g cherry tomatoes
- ☐ 9 servings basil

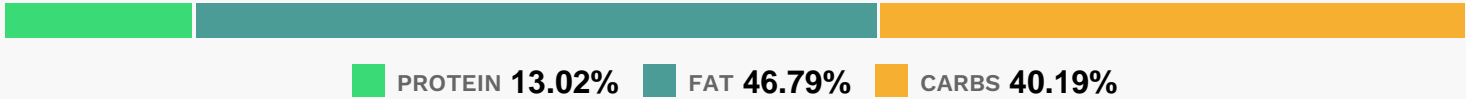
# Equipment

- ☐ baking paper
- ☐ oven
- ☐ grill

# Directions

- ☐ Cook the onions in the oil for 6–7 mins, until they are softened and lightly coloured, then add the balsamic vinegar and 1 tbsp water. Cook for a further 2–3 mins. Roughly chop the olives and stir in. Leave to cool.
- ☐ Halve the peppers, remove the seeds and core. Put under a hot grill, skin side up, until the skins are charred.
- ☐ Remove and put into a food bag until cool enough to handle, then peel off the skins.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Roll out the pastry and line a 23–24cm deep flan tin. Line with baking paper and beans, then bake for 10 mins.
- ☐ Remove the paper and beans, then bake for 5 mins more, until the pastry is golden and crisp.
- ☐ Spread the onion mix over the base of the pastry case.
- ☐ Put the halved peppers on top, cut side up with tapered ends towards the centre. Slice the goats cheese and put a few slices in each pepper half. Tuck the tomatoes in the gaps between the peppers.
- ☐ Bake for 20–25 mins until the cheese is lightly tinged brown and the tomatoes have burst. Scatter over the herb leaves and serve warm or at room temperature.

# Nutrition Facts



# Properties

Glycemic Index:54.25, Glycemic Load:11.89, Inflammation Score:-10, Nutrition Score:20.98391300699%

# Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.74mg, Quercetin: 11.74mg, Quercetin: 11.74mg, Quercetin: 11.74mg

Nutrients (% of daily need)

Calories: 381.05kcal (19.05%), Fat: 20.07g (30.88%), Saturated Fat: 7.48g (46.75%), Carbohydrates: 38.79g (12.93%), Net Carbohydrates: 34.75g (12.64%), Sugar: 7.49g (8.32%), Cholesterol: 17.25mg (5.75%), Sodium: 579.4mg (25.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.57g (25.14%), Vitamin C: 95.29mg (115.5%), Vitamin A: 2841.58IU (56.83%), Vitamin K: 29.87µg (28.45%), Manganese: 0.54mg (26.78%), Vitamin B1: 0.38mg (25.38%), Folate: 97.86µg (24.47%), Vitamin B2: 0.4mg (23.32%), Copper: 0.44mg (21.81%), Vitamin B6: 0.41mg (20.4%), Vitamin E: 2.91mg (19.4%), Selenium: 13.47µg (19.24%), Iron: 3.38mg (18.8%), Phosphorus: 186.18mg (18.62%), Vitamin B3: 3.25mg (16.23%), Fiber: 4.04g (16.16%), Potassium: 411.71mg (11.76%), Calcium: 97.04mg (9.7%), Magnesium: 36.44mg (9.11%), Vitamin B5: 0.76mg (7.55%), Zinc: 0.96mg (6.43%), Vitamin B12: 0.07µg (1.19%)