



Goat's cheese, spring onion & hazelnut tart

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



299 kcal

Ingredients

- 4 large sheets dough halved
- 3 tbsp olive oil
- 9 spring onion sliced into 2½ cm lengths
- 2 garlic clove finely chopped
- 1 tsp dijon mustard
- 250 g crème fraîche
- 2 medium eggs
- 140 g goat cheese soft
- 25 g hazelnuts chopped

Equipment

- frying pan
- baking sheet
- oven
- whisk

Directions

- Put a baking sheet in the oven, then heat to 200C/180C fan/gas
- Brush the filo with 2 tbsp of the oil and use to line a 23cm round, loose-bottomed tart tin.
- Layer the sheets at different angles so that the base and sides are well covered, and allow the pastry to drape over the sides.
- Put 1 tsp more oil in a pan, add the spring onions, garlic and some seasoning, then fry for a couple of mins to soften.
- Remove from the heat.
- Whisk together the mustard, crme frache and eggs. Season well. Scatter half the spring onion mix and half the goats cheese over the pastry base, pour over the egg mix and top with the remaining cheese and spring onions.
- Sprinkle over the hazelnuts, then fold in the overhanging pastry and brush with the remaining oil.
- Bake the tart on the heated baking sheet for 25–30 mins until the filling is set and the pastry is golden. Carefully remove from the tin before slicing.

Nutrition Facts

 PROTEIN 12.04%  FAT 73.36%  CARBS 14.6%

Properties

Glycemic Index:24.5, Glycemic Load:2.85, Inflammation Score:-6, Nutrition Score:10.507391328397%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg,

Epigallocatechin: 0.12mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg
Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg,
Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg
Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.25mg, Kaempferol: 0.25mg,
Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin:
0.02mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 298.75kcal (14.94%), Fat: 24.76g (38.09%), Saturated Fat: 9.41g (58.84%), Carbohydrates: 11.09g (3.7%),
Net Carbohydrates: 9.92g (3.61%), Sugar: 2.33g (2.59%), Cholesterol: 89.88mg (29.96%), Sodium: 193.15mg (8.4%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.14g (18.28%), Vitamin K: 43.5µg (41.43%), Manganese: 0.4mg
(19.93%), Vitamin B2: 0.29mg (17.04%), Vitamin A: 760.79IU (15.22%), Phosphorus: 151.11mg (15.11%), Selenium:
10.28µg (14.69%), Copper: 0.29mg (14.59%), Vitamin E: 2.1mg (14%), Calcium: 104.47mg (10.45%), Folate: 39.66µg
(9.91%), Vitamin B1: 0.14mg (9.29%), Iron: 1.67mg (9.26%), Vitamin B6: 0.15mg (7.58%), Vitamin B5: 0.62mg (6.22%),
Magnesium: 22.6mg (5.65%), Zinc: 0.79mg (5.28%), Vitamin C: 4.34mg (5.26%), Potassium: 171.11mg (4.89%), Fiber:
1.17g (4.68%), Vitamin B12: 0.26µg (4.37%), Vitamin B3: 0.85mg (4.24%), Vitamin D: 0.39µg (2.58%)