



Green Bean, Mushroom and Caramelized Onion Tart



Vegetarian



Popular

READY IN



55 min.

SERVINGS



8

CALORIES



228 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cheese blue crumbled
- ☐ 2 tablespoons butter
- ☐ 1 clove garlic chopped
- ☐ 0.5 pound green beans
- ☐ 8 ounces mushrooms sliced
- ☐ 1 small onion sliced
- ☐ 1 sheet puff pastry thawed

- ☐ 8 servings salt and pepper to taste
- ☐ 0.5 teaspoon thyme leaves chopped
- ☐ 0.3 cup vegetable broth dry white

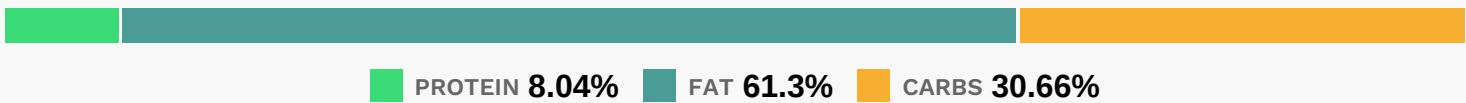
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Melt the butter in a pan over medium heat.
- ☐ Add the mushrooms and onions and saute until the mushrooms caramelize, about 10–15 minutes.
- ☐ Add the garlic and thyme and saute until fragrant, about a minute.
- ☐ Add the wine, deglaze the pan, season with salt and pepper to taste, let the wine cook off and set aside.Blanch the green beans in boiling water until bright green and al-dente tender, about 2–3 minutes, plunge in cold water and set aside to drain.
- ☐ Roll the puff pastry out on a lightly floured surface, cut in half and top with the green beans, mushrooms, shallots and blue cheese.
- ☐ Bake in a preheated 425F oven until the the puff pastry is golden brown, about 15–20 minutes.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:8.53, Inflammation Score:-5, Nutrition Score:7.3017391173736%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 228.31kcal (11.42%), Fat: 15.89g (24.44%), Saturated Fat: 5.57g (34.84%), Carbohydrates: 17.88g (5.96%), Net Carbohydrates: 16.2g (5.89%), Sugar: 2.17g (2.41%), Cholesterol: 10.69mg (3.56%), Sodium: 373.99mg (16.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.38%), Vitamin K: 17.51µg (16.67%), Selenium: 10.96µg (15.66%), Vitamin B2: 0.25mg (14.75%), Vitamin B3: 2.57mg (12.84%), Manganese: 0.24mg (12.23%), Vitamin B1: 0.17mg (11.62%), Folate: 41.42µg (10.35%), Copper: 0.15mg (7.58%), Phosphorus: 73.94mg (7.39%), Iron: 1.28mg (7.11%), Vitamin A: 337.36IU (6.75%), Fiber: 1.68g (6.73%), Vitamin C: 5.02mg (6.08%), Vitamin B5: 0.58mg (5.78%), Potassium: 195.37mg (5.58%), Vitamin B6: 0.1mg (4.93%), Magnesium: 16.75mg (4.19%), Calcium: 40.83mg (4.08%), Zinc: 0.52mg (3.43%), Vitamin E: 0.38mg (2.52%), Vitamin B12: 0.07µg (1.15%)