



Griddled vegetable & feta tart

 Vegetarian

READY IN



50 min.

SERVINGS



4

CALORIES



252 kcal

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 1 eggplant sliced
- ☐ 2 zucchini sliced
- ☐ 2 onion red cut into chunky wedges
- ☐ 3 large sheets dough
- ☐ 10 cherry tomatoes halved
- ☐ 4 servings balsamic vinegar
- ☐ 85 g feta cheese crumbled
- ☐ 1 tsp oregano dried

☐ 1 large bag salad dressing mixed low-fat

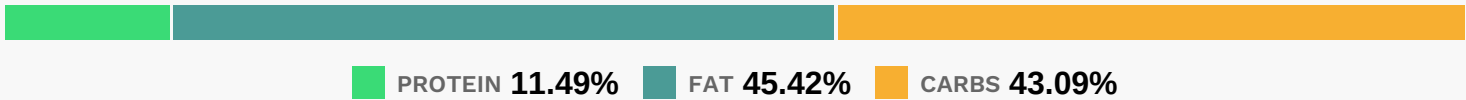
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Pop 33 x 23cm baking tray in the oven to heat up.
- ☐ Brush a griddle pan with about 1 tsp of the oil and griddle the aubergines until nicely charred, then remove. Repeat with the courgettes and onions, using a little more oil if you need to.
- ☐ Remove the tray from the oven and brush with a little oil.
- ☐ Brush a large sheet of filo with oil, top with another sheet, add a little more oil and repeat with the final sheet.
- ☐ Transfer the pastry to the hot tray, pushing it into the edges a little.
- ☐ Arrange the griddled veg on top, then season.
- ☐ Add the tomatoes, cut-side up, then drizzle on the vinegar and any remaining oil. Crumble on the feta and sprinkle with oregano. Cook for about 20 mins until crispy and golden.
- ☐ Serve with the dressed mixed salad leaves.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:6.77, Inflammation Score:-8, Nutrition Score:15.593913008337%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg,

Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.16mg, Quercetin: 12.16mg, Quercetin: 12.16mg, Quercetin: 12.16mg

Nutrients (% of daily need)

Calories: 251.61kcal (12.58%), Fat: 13.12g (20.18%), Saturated Fat: 4.17g (26.04%), Carbohydrates: 28.01g (9.34%), Net Carbohydrates: 21.9g (7.96%), Sugar: 12.35g (13.72%), Cholesterol: 18.91mg (6.3%), Sodium: 334.5mg (14.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.47g (14.93%), Vitamin C: 33.83mg (41.01%), Manganese: 0.67mg (33.6%), Fiber: 6.11g (24.44%), Vitamin B2: 0.39mg (22.88%), Vitamin B6: 0.45mg (22.74%), Folate: 85.09µg (21.27%), Potassium: 738.53mg (21.1%), Phosphorus: 178.61mg (17.86%), Vitamin K: 17.52µg (16.69%), Calcium: 161.25mg (16.12%), Vitamin B1: 0.24mg (16%), Magnesium: 52.32mg (13.08%), Vitamin E: 1.86mg (12.37%), Vitamin B3: 2.29mg (11.44%), Copper: 0.23mg (11.31%), Iron: 1.95mg (10.81%), Selenium: 7.56µg (10.8%), Vitamin A: 528.68IU (10.57%), Zinc: 1.36mg (9.04%), Vitamin B5: 0.9mg (8.97%), Vitamin B12: 0.36µg (5.99%)