



 **18%**  
HEALTH SCORE

## Grilled Pesto Vegetable Tart

 Vegetarian

READY IN



105 min.

SERVINGS



4

CALORIES



904 kcal

### Ingredients

- 1 slices baby eggplant
- 1 slices baby eggplant
- 1 eggs
- 2 teaspoons garlic chopped
- 4 ounces goat cheese crumbled
- 3 tablespoons olive oil
- 1 tablespoon basil pesto prepared
- 17.3 ounce puff pastry pepperidge farm®
- 1 roasted peppers sweet whole drained cut into thin strips

- 1 tablespoon water
- 1 large to 3 sized squashes yellow
- 1 large zucchini

## Equipment

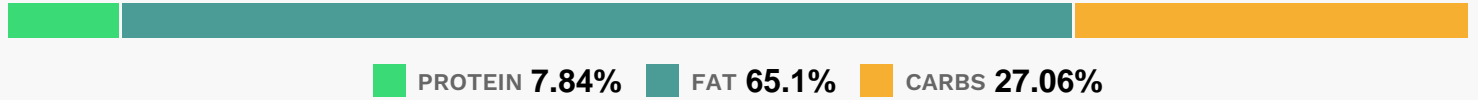
- bowl
- frying pan
- baking sheet
- baking paper
- oven

## Directions

- Thaw the pastry sheet at room temperature for 40 minutes or until it's easy to handle.
- Heat the oven to 400 degrees F. Lightly grease or line a baking sheet with parchment paper. Stir the egg and water with a fork in a small bowl.
- Unfold the pastry sheet on a lightly floured surface.
- Roll the sheet into a 13x11-inch rectangle.
- Place on the prepared sheet.
- Brush the edges of the rectangle with the egg mixture. Fold over the edges 1/2 inch on all sides, pressing firmly with a fork to form a rim. Prick the pastry thoroughly with a fork. Refrigerate for 30 minutes.
- Stir the oil and garlic in a small bowl.
- Place the eggplant, zucchini and squash in a single layer on a shallow-sided pan.
- Brush with the oil mixture. Turn vegetables over and brush with more oil. Season to taste.
- Bake the vegetables 4 minutes, turning halfway through cooking. Cool slightly.
- Spread the pesto on the pastry. Arrange the vegetables alternately in rows.
- Sprinkle with the cheese.
- Bake for 20 minutes or until golden.
- Sprinkle with the red pepper.

Serve immediately.

## Nutrition Facts



### Properties

Glycemic Index:48.25, Glycemic Load:30.92, Inflammation Score:-8, Nutrition Score:22.591304426608%

### Flavonoids

Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

### Nutrients (% of daily need)

Calories: 904.17kcal (45.21%), Fat: 66.06g (101.64%), Saturated Fat: 18.1g (113.11%), Carbohydrates: 61.78g (20.59%), Net Carbohydrates: 58.03g (21.1%), Sugar: 5.15g (5.72%), Cholesterol: 54.26mg (18.09%), Sodium: 595.68mg (25.9%), Alcohol: 0g (100%), Protein: 17.9g (35.79%), Selenium: 34.41µg (49.15%), Manganese: 0.96mg (47.75%), Vitamin B2: 0.7mg (41.19%), Vitamin C: 32.96mg (39.95%), Vitamin B1: 0.59mg (39.52%), Folate: 148.64µg (37.16%), Vitamin K: 32.54µg (30.99%), Vitamin B3: 6.06mg (30.31%), Iron: 4.63mg (25.74%), Phosphorus: 233.56mg (23.36%), Vitamin B6: 0.46mg (22.92%), Copper: 0.46mg (22.84%), Vitamin E: 2.54mg (16.91%), Vitamin A: 800.43IU (16.01%), Potassium: 540.44mg (15.44%), Fiber: 3.75g (15.01%), Magnesium: 55.24mg (13.81%), Zinc: 1.58mg (10.54%), Calcium: 95.95mg (9.6%), Vitamin B5: 0.67mg (6.65%), Vitamin B12: 0.15µg (2.53%), Vitamin D: 0.33µg (2.22%)