



Grilled Tomato-Rosemary Tart

 Vegetarian

READY IN



37 min.

SERVINGS



4

CALORIES



727 kcal

Ingredients

- ☐ 1 teaspoon rosemary fresh
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 teaspoon lemon zest
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 3 plum tomatoes
- ☐ 17.3 oz puff pastry sheets frozen thawed
- ☐ 2 oz mozzarella cheese shredded

Equipment

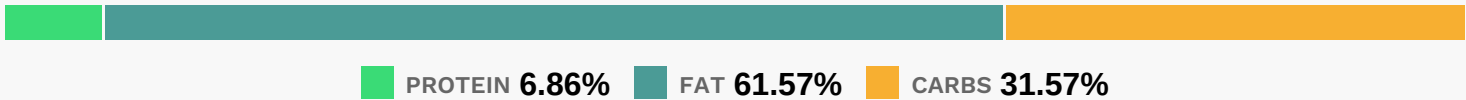
- ☐ bowl

- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ wire rack
- ☐ grill

Directions

- ☐ Preheat oven to 40
- ☐ Cut tomatoes into 1/4-inch slices, and place on a paper towel-lined wire rack.
- ☐ Sprinkle tomatoes with salt.
- ☐ Let stand 20 minutes. Pat dry with paper towels.
- ☐ Unfold 1 puff pastry sheet on a lightly floured baking sheet. Arrange tomato slices in a single layer on pastry. Stir together cheese and next 3 ingredients in a small bowl.
- ☐ Sprinkle cheese mixture over tomatoes.
- ☐ Preheat grill to 350 to 400 (medium-high) heat. Turn 1 side of grill off; leave other side lit.
- ☐ Transfer tart from baking sheet to unlit side of grill, and grill, covered with grill lid, 20 to 22 minutes or until pastry is puffed and golden brown.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:30.53, Inflammation Score:-6, Nutrition Score:14.277825980083%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 727.38kcal (36.37%), Fat: 49.99g (76.9%), Saturated Fat: 13.71g (85.66%), Carbohydrates: 57.66g (19.22%), Net Carbohydrates: 55.15g (20.05%), Sugar: 2.3g (2.55%), Cholesterol: 11.2mg (3.73%), Sodium: 687.28mg (29.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.54g (25.07%), Selenium: 32.1µg (45.85%),

Manganese: 0.69mg (34.42%), Vitamin B1: 0.51mg (34%), Vitamin B3: 5.41mg (27.03%), Folate: 103.74µg (25.93%),
Vitamin B2: 0.4mg (23.34%), Vitamin K: 24.15µg (23%), Iron: 3.36mg (18.66%), Phosphorus: 135.38mg (13.54%),
Fiber: 2.52g (10.07%), Vitamin A: 486.74IU (9.73%), Calcium: 90.53mg (9.05%), Copper: 0.17mg (8.64%), Vitamin C:
7.02mg (8.51%), Zinc: 1.15mg (7.65%), Magnesium: 28.1mg (7.03%), Vitamin E: 0.94mg (6.29%), Potassium:
200.12mg (5.72%), Vitamin B12: 0.32µg (5.39%), Vitamin B6: 0.07mg (3.49%)