



Ham and Leek Tart

 Popular

READY IN



45 min.

SERVINGS



4

CALORIES



536 kcal

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 cup ham diced ()
- ☐ 1 eggs
- ☐ 2 cloves garlic
- ☐ 0.3 cup heavy/whipping cream sour (or cream)
- ☐ 2 leeks light white green cleaned trimmed sliced (, and and parts)
- ☐ 1 tablespoon oil
- ☐ 1 butter pie crust
- ☐ 1.5 cup swiss cheese grated ()

☐ 1 teaspoon grain mustard whole

Equipment

☐ frying pan

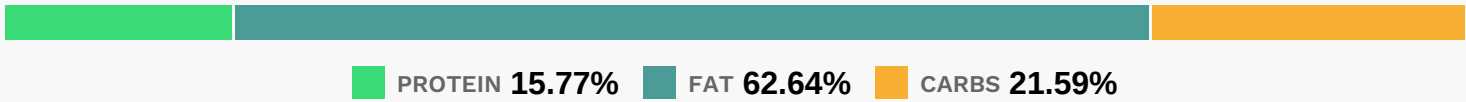
☐ oven

☐ tart form

Directions

- ☐ Roll the pie dough out, fit it into the tart pan and trim the edges.
- ☐ Heat the oil in a pan over medium.
- ☐ Add the ham and saute until it starts to turn lightly golden brown, about 7-10 minutes and set aside.
- ☐ Melt the butter in the same pan over medium heat.
- ☐ Add the leeks and saute until tender, about 7-10 minutes.
- ☐ Add the garlic and saute until fragrant, about a minute and remove from heat.
- ☐ Mix the egg, cream and mustard.
- ☐ Mix the ham, leeks, the egg mixture and 1 cup of the cheese and pour it into the tart shell.
- ☐ Sprinkle the remaining cheese on top.1
- ☐ Bake in a preheated 350F oven until the cheese has melted an the pie shell is a light golden brown, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:2.07, Inflammation Score:-8, Nutrition Score:15.110869459484%

Flavonoids

Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 536.41kcal (26.82%), Fat: 37.59g (57.83%), Saturated Fat: 16.68g (104.27%), Carbohydrates: 29.14g (9.71%), Net Carbohydrates: 27.19g (9.89%), Sugar: 2.75g (3.06%), Cholesterol: 118.19mg (39.4%), Sodium: 685.31mg (29.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.29g (42.59%), Calcium: 415.1mg (41.51%), Phosphorus: 313.54mg (31.35%), Vitamin A: 1444.94IU (28.9%), Selenium: 19.55µg (27.93%), Vitamin K: 27.88µg (26.55%), Vitamin B12: 1.35µg (22.51%), Manganese: 0.44mg (21.87%), Vitamin B2: 0.29mg (17.07%), Folate: 67.88µg (16.97%), Zinc: 2.22mg (14.8%), Iron: 2.53mg (14.05%), Vitamin E: 1.8mg (12%), Vitamin B1: 0.16mg (10.73%), Vitamin B6: 0.2mg (9.84%), Magnesium: 35.61mg (8.9%), Fiber: 1.95g (7.8%), Vitamin C: 5.9mg (7.15%), Vitamin B3: 1.39mg (6.93%), Vitamin B5: 0.63mg (6.31%), Copper: 0.12mg (5.96%), Potassium: 188.12mg (5.37%), Vitamin D: 0.46µg (3.05%)