



Ham & blue cheese tart

READY IN



40 min.

SERVINGS



4

CALORIES



553 kcal

Ingredients

- ☐ 6 large sheets dough
- ☐ 1 tbsp olive oil
- ☐ 100 g deli honey ham sliced chopped
- ☐ 1 bunch spring onion sliced
- ☐ 2 eggs lightly beaten
- ☐ 300 g cheese soft room temperature
- ☐ 2 large handfuls arugula
- ☐ 50 g cheese blue crumbled
- ☐ 2 tbsp pinenuts

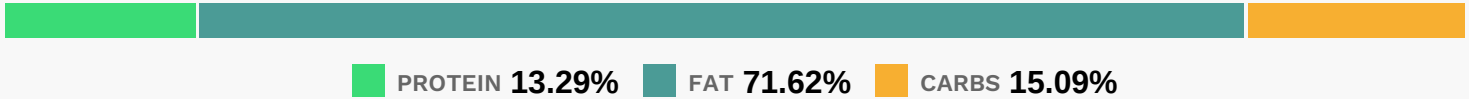
Equipment

☐ oven

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Brush each filo sheet with a little oil and layer into a 20cm springform or loose-bottomed tin, overlapping each sheet at a different angle.
- ☐ Mix together the ham, spring onions, eggs, soft cheese and rocket, then pour into the filo case.
- ☐ Sprinkle with blue cheese and pine nuts, then bake for 30 mins until just set. Cool slightly, slice and serve with a salad.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:6.84, Inflammation Score:-8, Nutrition Score:16.246521659519%

Flavonoids

Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 553.06kcal (27.65%), Fat: 44.38g (68.28%), Saturated Fat: 20.83g (130.18%), Carbohydrates: 21.04g (7.01%), Net Carbohydrates: 20g (7.27%), Sugar: 3.54g (3.93%), Cholesterol: 182.46mg (60.82%), Sodium: 848.72mg (36.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.53g (37.06%), Selenium: 27.43µg (39.19%), Manganese: 0.64mg (31.82%), Vitamin A: 1519.99IU (30.4%), Vitamin K: 30.78µg (29.31%), Vitamin B2: 0.5mg (29.29%), Phosphorus: 283.23mg (28.32%), Vitamin B1: 0.36mg (24%), Calcium: 177.11mg (17.71%), Folate: 62.66µg (15.67%), Zinc: 2.1mg (14.03%), Vitamin B3: 2.77mg (13.85%), Vitamin E: 2.07mg (13.78%), Vitamin B5: 1.25mg (12.45%), Iron: 2.17mg (12.05%), Vitamin B12: 0.67µg (11.22%), Vitamin B6: 0.22mg (10.97%), Magnesium: 39.74mg (9.93%), Potassium: 337.3mg (9.64%), Copper: 0.16mg (8.12%), Vitamin D: 0.68µg (4.52%), Fiber: 1.04g (4.17%), Vitamin C: 2.67mg (3.23%)