



Herbed Ricotta Tart

READY IN



60 min.

SERVINGS



6

CALORIES



249 kcal

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 large egg white lightly beaten
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 cup chives fresh thinly sliced
- ☐ 2 tablespoons optional: dill fresh minced
- ☐ 2 cups green onions thinly sliced
- ☐ 2 tablespoons parmigiano-reggiano cheese fresh finely grated
- ☐ 1.3 cups part-skim ricotta cheese
- ☐ 11 ounce pizza crust dough refrigerated canned
- ☐ 0.3 teaspoon salt

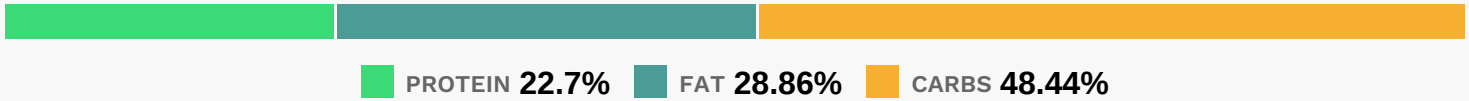
Equipment

- ☐ frying pan
- ☐ oven
- ☐ tart form

Directions

- ☐ Preheat oven to 37
- ☐ Unroll dough, and press into bottom and up sides of a 9-inch round removable-bottom tart pan coated with cooking spray.
- ☐ Heat a medium nonstick skillet over medium heat. Coat pan with cooking spray.
- ☐ Add thinly sliced green onions to pan; cook 5 minutes, stirring occasionally.
- ☐ Combine cooked green onions, ricotta cheese, sliced fresh chives, minced fresh dill, salt, freshly ground black pepper, eggs, and egg white.
- ☐ Pour onion mixture into prepared crust; sprinkle mixture with Parmigiano-Reggiano.
- ☐ Bake at 375 for 35 minutes or until center is set.
- ☐ Let stand 5 minutes.
- ☐ Cut into 6 wedges.

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:0.57, Inflammation Score:-6, Nutrition Score:11.050434832988%

Flavonoids

Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 249.28kcal (12.46%), Fat: 8.09g (12.45%), Saturated Fat: 3.93g (24.55%), Carbohydrates: 30.55g (10.18%), Net Carbohydrates: 28.77g (10.46%), Sugar: 4.35g (4.83%), Cholesterol: 80.22mg (26.74%), Sodium: 606.6mg (26.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.32g (28.63%), Vitamin K: 76.84µg (73.18%), Selenium: 16.03µg (22.91%), Calcium: 207.5mg (20.75%), Phosphorus: 160.86mg (16.09%), Vitamin A: 803.28IU (16.07%), Vitamin B2: 0.24mg (14.06%), Iron: 2.53mg (14.04%), Folate: 40.4µg (10.1%), Vitamin C: 8.32mg (10.08%), Zinc: 1.15mg (7.69%), Fiber: 1.77g (7.1%), Potassium: 207.47mg (5.93%), Vitamin B12: 0.33µg (5.55%), Magnesium: 20.03mg (5.01%), Manganese: 0.1mg (5%), Vitamin B5: 0.45mg (4.46%), Copper: 0.07mg (3.4%), Vitamin B6: 0.07mg (3.34%), Vitamin E: 0.41mg (2.73%), Vitamin B1: 0.04mg (2.69%), Vitamin D: 0.4µg (2.65%), Vitamin B3: 0.27mg (1.33%)