



Herbed Tomato Tart

 Vegetarian

READY IN



70 min.

SERVINGS



6

CALORIES



654 kcal

Ingredients

- ☐ 0.3 cup chives finely chopped
- ☐ 4 oz feta cheese crumbled
- ☐ 0.3 cup herbs fresh assorted finely chopped
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon olive oil
- ☐ 17.3 oz puff pastry sheets frozen thawed
- ☐ 0.8 teaspoon salt divided
- ☐ 8 oz mozzarella cheese shredded
- ☐ 0.5 pt tomatoes assorted halved

☐ 0.8 lb tomatoes thinly sliced

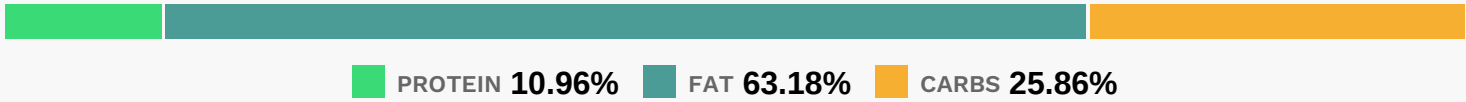
Equipment

- ☐ baking sheet
- ☐ paper towels
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Place tomatoes in a single layer on paper towels; sprinkle with 1/2 tsp. salt.
- ☐ Let stand 30 minutes. Pat dry with paper towels.
- ☐ Meanwhile, roll 1 pastry sheet into a 14-inch square on a lightly floured surface; place on an ungreased baking sheet.
- ☐ Cut 4 (12- x 1-inch) strips from remaining pastry sheet, and place strips along outer edges of pastry square, forming a border. Reserve remaining pastry for another use.
- ☐ Bake at 400 for 14 minutes or until browned.
- ☐ Sprinkle pastry with mozzarella cheese and next 3 ingredients. Top with tomatoes in a single layer.
- ☐ Sprinkle tomatoes with herbs and remaining 1/4 tsp. salt; drizzle with oil.
- ☐ Bake at 400 for 14 to 15 minutes or until cheese melts.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:48.83, Glycemic Load:21.45, Inflammation Score:-8, Nutrition Score:19.823043584824%

Flavonoids

Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

0.03mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 653.95kcal (32.7%), Fat: 46.22g (71.1%), Saturated Fat: 15.72g (98.27%), Carbohydrates: 42.56g (14.19%), Net Carbohydrates: 40.05g (14.56%), Sugar: 3.58g (3.98%), Cholesterol: 46.68mg (15.56%), Sodium: 953.07mg (41.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.04g (36.07%), Vitamin K: 67.93µg (64.69%), Selenium: 29.13µg (41.62%), Calcium: 307.94mg (30.79%), Vitamin B2: 0.52mg (30.65%), Vitamin A: 1420.06IU (28.4%), Phosphorus: 272.8mg (27.28%), Manganese: 0.54mg (27.22%), Vitamin B1: 0.41mg (27.05%), Folate: 92.44µg (23.11%), Vitamin C: 17.62mg (21.36%), Vitamin B3: 4.25mg (21.26%), Vitamin B12: 1.18µg (19.69%), Iron: 2.85mg (15.82%), Zinc: 2.29mg (15.25%), Fiber: 2.51g (10.06%), Vitamin B6: 0.2mg (9.95%), Potassium: 339.01mg (9.69%), Vitamin E: 1.42mg (9.5%), Magnesium: 36.89mg (9.22%), Copper: 0.17mg (8.41%), Vitamin B5: 0.34mg (3.4%), Vitamin D: 0.23µg (1.51%)