



## Italian Tomato Tart

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



425 kcal

### Ingredients

- 0.1 teaspoon pepper black freshly ground
- 10 ounce brown rice long-grain frozen (such as Birds Eye Steamfresh)
- 1 large eggs
- 0.5 cup egg substitute
- 0.5 cup skim milk fat-free
- 1 tablespoon basil fresh chopped
- 1 Dash ground pepper red
- 1 tablespoon parmesan fresh grated
- 3 ounces part-skim mozzarella cheese shredded

- 2 tablespoons basil pesto
- 3 small plum tomatoes thinly sliced
- 1 ounce pancetta cut into thin strips ( 1/4 cup)
- 0.3 teaspoon salt

## Equipment

- bowl
- oven
- whisk

## Directions

- Preheat oven to 350
- To prepare crust, cook the brown rice according to package directions.
- Combine cooked rice, pesto, Parmesan cheese, and 1 egg; firmly press mixture into the bottom and up sides of a 9-inch pie plate coated with cooking spray.
- Bake at 350 for 15 minutes.
- Remove dish from oven.
- Increase oven temperature to 400
- To prepare filling, combine milk and next 5 ingredients (through 1 egg) in a bowl; stir with a whisk.
- Sprinkle half of mozzarella and half of prosciutto into bottom of prepared crust. Top with half of tomato slices. Repeat procedure with remaining mozzarella, prosciutto, and tomatoes.
- Pour milk mixture over tomatoes; bake at 400 for 10 minutes. Reduce oven temperature to 325 (do not remove tart from oven); bake an additional 35 minutes or until set. Cool 10 minutes before serving.
- Sprinkle with basil.
- Cut into wedges.

## Nutrition Facts



■ PROTEIN 17.24% ■ FAT 26.62% ■ CARBS 56.14%

## Properties

Glycemic Index:72.75, Glycemic Load:31.3, Inflammation Score:-7, Nutrition Score:20.646086962327%

## 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: 425.46kcal (21.27%), Fat: 12.51g (19.25%), Saturated Fat: 4.58g (28.62%), Carbohydrates: 59.37g (19.79%), Net Carbohydrates: 56.25g (20.45%), Sugar: 3.91g (4.35%), Cholesterol: 67.15mg (22.38%), Sodium: 509.23mg (22.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.23g (36.47%), Manganese: 2.73mg (136.49%), Phosphorus: 395.16mg (39.52%), Selenium: 21.61µg (30.88%), Magnesium: 122.9mg (30.72%), Calcium: 292.15mg (29.22%), Vitamin B1: 0.39mg (26.15%), Vitamin B6: 0.51mg (25.67%), Vitamin B5: 1.96mg (19.62%), Vitamin B2: 0.33mg (19.26%), Zinc: 2.81mg (18.76%), Vitamin B3: 3.74mg (18.68%), Vitamin A: 887.79IU (17.76%), Potassium: 468.32mg (13.38%), Iron: 2.37mg (13.16%), Copper: 0.25mg (12.58%), Fiber: 3.12g (12.47%), Vitamin B12: 0.62µg (10.26%), Folate: 34.82µg (8.7%), Vitamin C: 6.63mg (8.04%), Vitamin D: 1.17µg (7.77%), Vitamin E: 0.93mg (6.23%), Vitamin K: 6.33µg (6.03%)