



Kentucky Hot Brown Tart

READY IN



110 min.

SERVINGS



8

CALORIES



523 kcal

Ingredients

- 6 bacon crumbled cooked
- 4 large eggs
- 0.3 cup chives fresh finely chopped
- 1.5 cups half and half
- 0.5 cup parmesan cheese freshly grated
- 0.3 teaspoon pepper freshly ground
- 2 plum tomatoes cut into 1/4-inch-thick slices
- 14.1 oz pie crust dough refrigerated
- 0.5 teaspoon salt
- 1.5 cups turkey cooked chopped

- 8 oz cheddar cheese shredded white

Equipment

- frying pan
- baking sheet
- paper towels
- baking paper
- oven
- whisk
- wire rack
- aluminum foil
- tart form

Directions

- Preheat oven to 42
- Unroll piecrusts; stack on a lightly greased surface.
- Roll stacked piecrusts into a 12-inch circle. Fit piecrust into a 10-inch deep-dish tart pan with removable bottom; press into fluted edges. Trim off excess piecrust along edges. Line piecrust with aluminum foil or parchment paper, and fill with pie weights or dried beans.
- Place pan on a foil-lined baking sheet.
- Bake 12 minutes.
- Remove weights and foil from piecrust, and bake 8 more minutes. Cool completely on baking sheet on a wire rack (about 15 minutes). Reduce oven temperature to 35
- Layer turkey and next 3 ingredients in tart shell on baking sheet.
- Whisk together half-and-half and next 3 ingredients; pour over turkey.
- Bake at 350 for 30 to 40 minutes or until set.
- Place tomatoes in a single layer on paper towels; press tomatoes lightly with paper towels. Arrange over top of tart, and sprinkle with Parmesan cheese.
- Bake 10 to 15 minutes or until cheese is melted. Cool on baking sheet on wire rack 15 minutes.

Nutrition Facts

PROTEIN 17.16% FAT 60.82% CARBS 22.02%

Properties

Glycemic Index:17.75, Glycemic Load:0.36, Inflammation Score:-6, Nutrition Score:14.760869575583%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 523.2kcal (26.16%), Fat: 35.21g (54.17%), Saturated Fat: 15.46g (96.63%), Carbohydrates: 28.69g (9.56%), Net Carbohydrates: 27.21g (9.89%), Sugar: 2.51g (2.79%), Cholesterol: 162.03mg (54.01%), Sodium: 830.16mg (36.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.35g (44.71%), Selenium: 29.21µg (41.73%), Phosphorus: 359.98mg (36%), Calcium: 333.5mg (33.35%), Vitamin B2: 0.49mg (28.63%), Vitamin B3: 3.59mg (17.95%), Zinc: 2.59mg (17.23%), Vitamin A: 830.78IU (16.62%), Vitamin B12: 0.99µg (16.44%), Folate: 59.37µg (14.84%), Vitamin B1: 0.22mg (14.68%), Vitamin B6: 0.27mg (13.64%), Manganese: 0.27mg (13.53%), Iron: 2.12mg (11.77%), Vitamin B5: 1.09mg (10.91%), Vitamin K: 9.09µg (8.66%), Magnesium: 33.73mg (8.43%), Potassium: 289.17mg (8.26%), Vitamin E: 0.98mg (6.53%), Fiber: 1.48g (5.93%), Vitamin D: 0.78µg (5.21%), Copper: 0.1mg (5.21%), Vitamin C: 3.26mg (3.95%)