



Leek-and-Bacon Tart

READY IN



45 min.

SERVINGS



8

CALORIES



219 kcal

Ingredients

- ☐ 3 bacon thin
- ☐ 0.3 teaspoon pepper black divided
- ☐ 0.3 teaspoon cider vinegar
- ☐ 1.3 cups egg substitute
- ☐ 0.7 cup milk fat-free
- ☐ 1 cup flour all-purpose
- ☐ 4 tablespoons ice water
- ☐ 7 cups leek chopped (3 large)
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt divided

- ☐ 2 tablespoons stick margarine chilled cut into small pieces
- ☐ 2 tablespoons vegetable shortening

Equipment

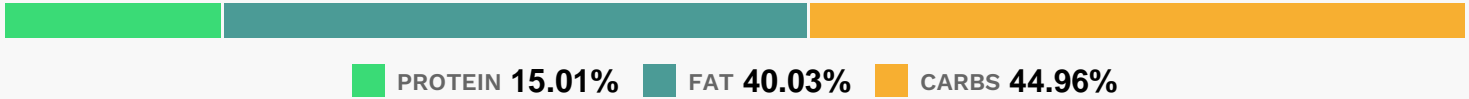
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ measuring cup
- ☐ tart form

Directions

- ☐ To prepare crust, lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and 1/4 teaspoon salt in a bowl; cut in butter and shortening with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Add vinegar and ice water, 1 tablespoon at a time; toss with a fork until moist. Gently press the mixture into a 4-inch circle on heavy-duty plastic wrap; cover dough with additional plastic wrap.
- ☐ Roll dough, still covered, into a 12-inch circle; chill 10 minutes.
- ☐ Preheat oven to 425
- ☐ Remove 1 sheet of plastic wrap; let dough stand 1 minute or until pliable. Fit the dough, plastic-wrap side up, into a 10-inch round removable-bottom tart pan.
- ☐ Remove plastic wrap. Press dough against bottom and sides of pan. Fold edges under. Line dough with a piece of foil; arrange pie weights on foil.
- ☐ Bake at 425 for 10 minutes or until edge is lightly browned.

- ☐ Remove pie weights and foil; cool on a wire rack.
- ☐ To prepare filling, heat a large nonstick skillet over medium heat until hot.
- ☐ Add bacon, and cook 4 minutes.
- ☐ Remove bacon from pan, reserving 2 teaspoons drippings in pan; set bacon aside.
- ☐ Add leek to drippings in pan; cover and cook for 20 minutes, stirring occasionally.
- ☐ Sprinkle with 1/4 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Remove from heat. Arrange leek mixture and bacon in prepared crust.
- ☐ Combine egg substitute, milk, 1/4 teaspoon salt, and 1/8 teaspoon pepper; stir well with a whisk.
- ☐ Pour the milk mixture into crust.
- ☐ Bake at 425 for 25 minutes or until a knife inserted in the center comes out clean; let stand 10 minutes.
- ☐ Note: You can use a commercial piecrust (such as Pillsbury) in place of the pastry crust. If you substitute an refrigerated piecrust, follow the package instructions for prebaking. It will add 15 calories and 4 grams of fat to the nutrition figures for each serving.

Nutrition Facts



Properties

Glycemic Index:26.53, Glycemic Load:12.06, Inflammation Score:-8, Nutrition Score:13.897825883782%

Flavonoids

Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 218.78kcal (10.94%), Fat: 9.86g (15.16%), Saturated Fat: 2.58g (16.13%), Carbohydrates: 24.91g (8.3%), Net Carbohydrates: 23.07g (8.39%), Sugar: 4.86g (5.4%), Cholesterol: 6.06mg (2.02%), Sodium: 406.9mg (17.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.31g (16.63%), Vitamin K: 38.53µg (36.69%), Selenium: 23.63µg (33.76%), Vitamin A: 1559.83IU (31.2%), Manganese: 0.49mg (24.69%), Folate: 84.89µg (21.22%), Iron: 3.15mg (17.48%), Vitamin B1: 0.25mg (16.64%), Vitamin B2: 0.28mg (16.48%), Vitamin B6: 0.27mg (13.63%), Vitamin C: 9.54mg (11.56%), Vitamin E: 1.67mg (11.13%), Phosphorus: 105.82mg (10.58%), Calcium: 104.82mg (10.48%), Vitamin

B5: 0.94mg (9.44%), Magnesium: 34.61mg (8.65%), Potassium: 289.74mg (8.28%), Vitamin B3: 1.64mg (8.22%),
Fiber: 1.84g (7.36%), Copper: 0.13mg (6.51%), Vitamin D: 0.86µg (5.72%), Zinc: 0.76mg (5.08%), Vitamin B12: 0.29µg
(4.85%)