



Leek and Onion Tart with Herb Chèvre

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



950 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large eggs with 1 tablespoon milk egg wash slightly beaten
- ☐ 4 tablespoons thyme leaves fresh divided plus more for garnish
- ☐ 8 ounces goat cheese soft
- ☐ 2 green onions thinly sliced
- ☐ 4 leeks rinsed drained thinly sliced
- ☐ 2 tablespoons olive oil
- ☐ 4 servings pepper freshly ground to taste
- ☐ 2 sheets puff pastry frozen thawed

☐ 4 servings sea salt to taste

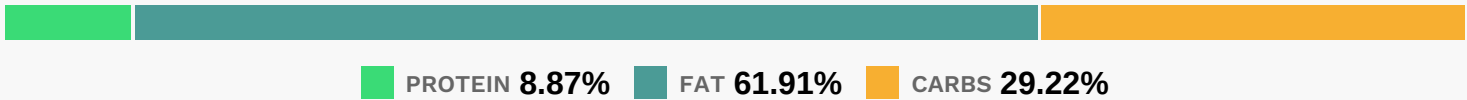
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Cut puff pastry sheets in half lengthwise.
- ☐ Cut 1/4-inch-wide strips off every side of each piece, resulting in 8 long strips and 8 short.
- ☐ Brush a 1/4-inch-wide border on the 4 larger bases with egg wash, and place cut pastry strips on top to form a raised edge. Press gently to adhere. Chill pastry.
- ☐ Mix goat cheese with half the herbs in a small bowl until soft and creamy.
- ☐ Spread evenly in the bottom of each tart, and chill.
- ☐ Heat olive oil in a skillet, and add leek and green onions. Saut until tender and translucent, about 5 minutes. Cool to room temperature.
- ☐ Place leek mixture on goat cheese down the center of each tart.
- ☐ Sprinkle with remaining herbs, and place on a baking sheet.
- ☐ Brush pastry edges with remaining egg wash, and bake 18 to 20 minutes or until pastry is golden brown and puffs. Slice and serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:58.75, Glycemic Load:33.88, Inflammation Score:-10, Nutrition Score:27.273477911949%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 3.18mg, Luteolin: 3.18mg, Luteolin: 3.18mg, Luteolin: 3.18mg Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 950.22kcal (47.51%), Fat: 66.03g (101.59%), Saturated Fat: 21.12g (131.99%), Carbohydrates: 70.11g (23.37%), Net Carbohydrates: 65.51g (23.82%), Sugar: 5.03g (5.59%), Cholesterol: 26.11mg (8.7%), Sodium: 727.11mg (31.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.3g (42.59%), Vitamin K: 79.37µg (75.59%), Manganese: 1.23mg (61.29%), Vitamin A: 2463.9IU (49.28%), Selenium: 32.17µg (45.96%), Folate: 166.32µg (41.58%), Iron: 7.44mg (41.35%), Vitamin B1: 0.59mg (39.17%), Vitamin B2: 0.63mg (36.89%), Copper: 0.71mg (35.34%), Vitamin B3: 5.87mg (29.33%), Vitamin C: 23.01mg (27.9%), Phosphorus: 259.85mg (25.99%), Vitamin B6: 0.4mg (20.17%), Fiber: 4.6g (18.4%), Calcium: 177.75mg (17.77%), Vitamin E: 2.62mg (17.5%), Magnesium: 66.2mg (16.55%), Zinc: 1.43mg (9.54%), Potassium: 310.67mg (8.88%), Vitamin B5: 0.55mg (5.46%), Vitamin B12: 0.11µg (1.82%), Vitamin D: 0.23µg (1.53%)