



Leek and Potato Tart with Gruyère

READY IN



45 min.

SERVINGS



8

CALORIES



204 kcal

Ingredients

- 1 medium baking potato peeled halved lengthwise cut into 1/4-inch-thick slices (1 cup)
- 0.3 teaspoon pepper black
- 11 ounce breadstick dough refrigerated canned (such as Pillsbury)
- 1 tablespoon dijon mustard
- 0.5 cup egg substitute
- 1 cup milk fat-free
- 1 cup leek thinly sliced (1 large)
- 2 tablespoons parmesan cheese fresh grated
- 1.5 ounces swiss cheese grated
- 1 teaspoon vegetable oil

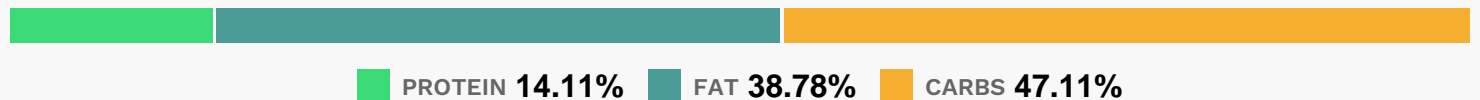
Equipment

- frying pan
- oven
- blender

Directions

- Preheat oven to 37
- Unroll dough, separating into strips.
- Let rest 5 minutes. Working on a flat surface, coil one strip of dough around itself in a spiral pattern.
- Add second strip of dough to end of first strip, pinching ends together to seal; continue coiling dough. Repeat procedure with remaining dough strips.
- Let rest 5 minutes.
- Roll into a 13-inch circle; fit into a 9-inch pie plate coated with cooking spray. Fold edges under; flute.
- Heat the oil in a large nonstick skillet over medium-high heat.
- Add the leek, pepper, and potato; saut 4 minutes.
- Spread leek mixture into prepared crust.
- Place the milk, egg substitute, cheeses, and mustard in a blender, and process until smooth.
- Pour milk mixture over leek mixture.
- Bake at 375 for 40 minutes; let stand for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:4.77, Inflammation Score:-3, Nutrition Score:5.7082608990047%

Flavonoids

Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 203.79kcal (10.19%), Fat: 8.99g (13.83%), Saturated Fat: 3.75g (23.41%), Carbohydrates: 24.58g (8.19%), Net Carbohydrates: 23.24g (8.45%), Sugar: 4.59g (5.1%), Cholesterol: 6.71mg (2.24%), Sodium: 475.35mg (20.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.36g (14.72%), Selenium: 9.55µg (13.64%), Calcium: 124.97mg (12.5%), Phosphorus: 103.42mg (10.34%), Vitamin B6: 0.16mg (8.09%), Vitamin B2: 0.13mg (7.75%), Vitamin A: 337.5IU (6.75%), Vitamin B12: 0.4µg (6.74%), Vitamin K: 7µg (6.67%), Potassium: 222.71mg (6.36%), Manganese: 0.11mg (5.67%), Fiber: 1.34g (5.38%), Vitamin B5: 0.49mg (4.89%), Magnesium: 18.47mg (4.62%), Vitamin B1: 0.07mg (4.56%), Iron: 0.81mg (4.52%), Zinc: 0.65mg (4.37%), Vitamin D: 0.58µg (3.89%), Folate: 14.57µg (3.64%), Vitamin C: 2.94mg (3.56%), Vitamin E: 0.43mg (2.88%), Copper: 0.05mg (2.49%), Vitamin B3: 0.4mg (1.98%)