



Leek and Swiss Chard Tart

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



384 kcal

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 teaspoon thyme dried
- ☐ 2 large egg yolk
- ☐ 3 large eggs
- ☐ 1 pinch nutmeg
- ☐ 0.3 teaspoon pepper black
- ☐ 3 large leek white green coarsely chopped (and pale parts only)
- ☐ 1 sheet puff pastry frozen thawed (half of 17.3-ounce package)
- ☐ 1 teaspoon salt

- ☐ 2.5 cups swiss chard chopped
- ☐ 1.3 cups whipping cream

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pie form

Directions

- ☐ Roll out pastry on floured work surface to 12-inch square.
- ☐ Transfer to 9-inch-diameter glass pie dish. Trim overhang to 1 inch. Fold under; crimp edges. Cover; chill.
- ☐ Melt butter in large nonstick skillet over medium-low heat.
- ☐ Add leeks and thyme.
- ☐ Sprinkle with salt and pepper. Cover; cook until leeks are very tender but not brown, stirring often, about 10 minutes.
- ☐ Add chard; saut until wilted, about 2 minutes.
- ☐ Remove from heat; cool.
- ☐ Position rack in bottom third of oven; preheat to 425°F.
- ☐ Whisk cream and next 5 ingredients in large bowl.
- ☐ Mix in cooled leek mixture.
- ☐ Pour filling into crust.
- ☐ Bake tart 15 minutes. Reduce heat to 350°F and bake until filling is puffed and just set in center, about 15 minutes longer.
- ☐ Transfer to rack; cool 10 minutes.

Nutrition Facts



 PROTEIN 7.28%  FAT 71.67%  CARBS 21.05%

Properties

Glycemic Index:34, Glycemic Load:8.91, Inflammation Score:-8, Nutrition Score:14.864782623623%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 384.43kcal (19.22%), Fat: 31.02g (47.72%), Saturated Fat: 14.35g (89.7%), Carbohydrates: 20.5g (6.83%), Net Carbohydrates: 19.17g (6.97%), Sugar: 2.87g (3.19%), Cholesterol: 165.2mg (55.07%), Sodium: 458.89mg (19.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.09g (14.18%), Vitamin K: 117.76µg (112.15%), Vitamin A: 2046.59IU (40.93%), Selenium: 17.14µg (24.49%), Manganese: 0.38mg (19.06%), Vitamin B2: 0.29mg (16.87%), Folate: 63.88µg (15.97%), Iron: 2.34mg (12.98%), Vitamin B1: 0.17mg (11.34%), Phosphorus: 111.96mg (11.2%), Vitamin E: 1.42mg (9.5%), Vitamin C: 7.67mg (9.3%), Vitamin D: 1.2µg (8%), Vitamin B6: 0.16mg (7.81%), Vitamin B3: 1.5mg (7.52%), Calcium: 72.91mg (7.29%), Magnesium: 29.11mg (7.28%), Copper: 0.12mg (5.97%), Vitamin B5: 0.58mg (5.8%), Potassium: 190.41mg (5.44%), Fiber: 1.33g (5.31%), Vitamin B12: 0.32µg (5.25%), Zinc: 0.69mg (4.58%)