



Leek, cheese & bacon tart

READY IN



35 min.

SERVINGS



4

CALORIES



909 kcal

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 3 leeks thinly sliced
- ☐ 375 g pack ready-rolled puff pastry
- ☐ 150 g pack cheese with garlic and herbs soft
- ☐ 4 rashers streaky bacon snipped
- ☐ 100 g emmental grated

Equipment

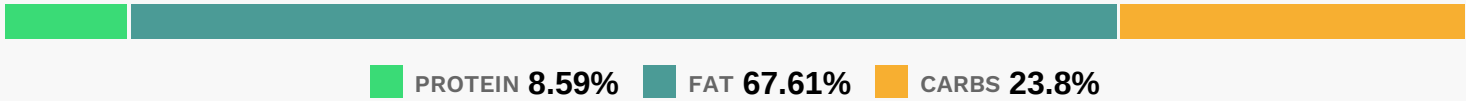
- ☐ frying pan
- ☐ baking sheet

☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Heat the oil in a frying pan, then gently fry the leeks until soft, about 5 mins. Cool. Unroll the pastry onto a baking sheet.
- ☐ Spread the soft cheese over the pastry to within 3cm of the edges. Scatter over the leeks, bacon and grated emmental.
- ☐ Flip the edges of the pastry over the filling.
- ☐ Bake for 20 mins until golden.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:26.19, Inflammation Score:-9, Nutrition Score:21.376956434354%

Flavonoids

Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 909.46kcal (45.47%), Fat: 68.8g (105.85%), Saturated Fat: 24.6g (153.75%), Carbohydrates: 54.47g (18.16%), Net Carbohydrates: 51.86g (18.86%), Sugar: 4.71g (5.23%), Cholesterol: 75.64mg (25.22%), Sodium: 556.5mg (24.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.68g (39.36%), Selenium: 38.53µg (55.04%), Vitamin K: 49.71µg (47.34%), Manganese: 0.79mg (39.32%), Vitamin A: 1832.93IU (36.66%), Vitamin B1: 0.49mg (32.35%), Calcium: 308.77mg (30.88%), Folate: 121.47µg (30.37%), Phosphorus: 294.92mg (29.49%), Vitamin B2: 0.47mg (27.36%), Vitamin B3: 5.11mg (25.54%), Iron: 3.99mg (22.14%), Vitamin B12: 0.95µg (15.79%), Vitamin E: 2.19mg (14.61%), Zinc: 2.12mg (14.11%), Vitamin B6: 0.27mg (13.61%), Magnesium: 47.96mg (11.99%), Copper: 0.21mg (10.74%), Fiber: 2.61g (10.43%), Vitamin C: 8.01mg (9.71%), Potassium: 288.18mg (8.23%), Vitamin B5: 0.54mg (5.37%)