



WHATSheATE



Leek, Potato, and Fontina Tart

READY IN



45 min.

SERVINGS



4

CALORIES



420 kcal

Ingredients

- ☐ 2.5 cups baking potato cubed peeled
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter divided
- ☐ 1 large eggs
- ☐ 2 ounces fontina shredded divided
- ☐ 1 tablespoon chives fresh chopped
- ☐ 3 garlic cloves halved
- ☐ 0.3 teaspoon kosher salt
- ☐ 3 cups leek chopped (4 large)
- ☐ 2 tablespoons milk 2% reduced-fat

☐ 10 ounce pizza crust dough refrigerated canned

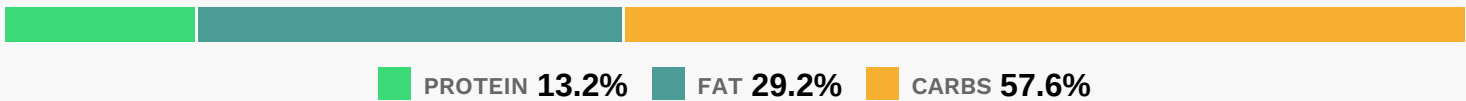
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ potato masher
- ☐ tart form

Directions

- ☐ Preheat oven to 37
- ☐ Melt 1 tablespoon butter in a large nonstick skillet over medium heat.
- ☐ Add leek; saut 7 minutes or until tender and lightly browned. Set aside.
- ☐ Place potato and garlic in a large saucepan; cover with water. Bring to a boil; cook 10 minutes or until potatoes are very tender.
- ☐ Drain.
- ☐ Place 1 tablespoon butter, potato mixture, 1/4 cup cheese, chives, and next 4 ingredients (chives through egg) in a large bowl; mash with a potato masher.
- ☐ Lightly coat a 10 1/2-inch round removable-bottom tart pan with cooking spray. Unroll dough onto a lightly floured surface; let rest 5 minutes. Pat dough into bottom and up sides of pan.
- ☐ Spread the potato mixture into dough.
- ☐ Spread leek over potato mixture, and sprinkle with 1/4 cup cheese.
- ☐ Bake at 375 for 20 minutes or until puffed and set. Cool in pan 5 minutes on a wire rack.

Nutrition Facts



Properties

Glycemic Index:75.19, Glycemic Load:16.27, Inflammation Score:-8, Nutrition Score:14.113913059235%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 419.98kcal (21%), Fat: 13.92g (21.41%), Saturated Fat: 7.41g (46.29%), Carbohydrates: 61.76g (20.59%), Net Carbohydrates: 58.18g (21.15%), Sugar: 8.27g (9.18%), Cholesterol: 78.59mg (26.2%), Sodium: 855.91mg (37.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.16g (28.31%), Vitamin K: 35.81µg (34.11%), Vitamin A: 1526.69IU (30.53%), Vitamin B6: 0.54mg (27.22%), Manganese: 0.53mg (26.58%), Iron: 4.44mg (24.66%), Vitamin C: 14.51mg (17.58%), Phosphorus: 161.37mg (16.14%), Potassium: 562.52mg (16.07%), Folate: 64.03µg (16.01%), Calcium: 152.62mg (15.26%), Fiber: 3.58g (14.32%), Magnesium: 45.8mg (11.45%), Selenium: 7.53µg (10.75%), Copper: 0.2mg (9.97%), Vitamin B2: 0.16mg (9.22%), Vitamin B1: 0.13mg (8.89%), Zinc: 1.08mg (7.23%), Vitamin B5: 0.68mg (6.8%), Vitamin B12: 0.4µg (6.68%), Vitamin B3: 1.3mg (6.5%), Vitamin E: 0.96mg (6.42%), Vitamin D: 0.34µg (2.23%)