



Mediterranean Onion Tart

 Dairy Free

READY IN



100 min.

SERVINGS



1

CALORIES



2002 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounces bread dough whole wheat white frozen
- ☐ 4 ounces oil-packed anchovies drained canned
- ☐ 1 tablespoon basil dried fresh chopped
- ☐ 10 greek olives pitted cut in half and
- ☐ 3 large onion thinly sliced
- ☐ 3 tablespoons vegetable oil
- ☐ 0.1 teaspoon pepper white

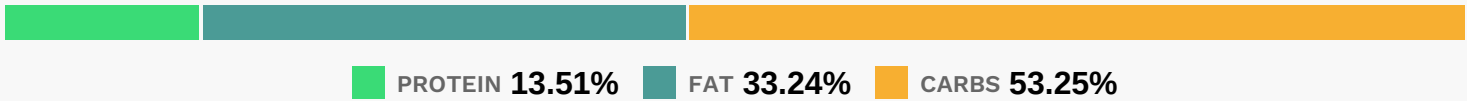
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ rolling pin

Directions

- ☐ Thaw bread dough as directed on package. Lightly grease cookie sheet.
- ☐ Heat oil in 10-inch skillet over medium heat. Stir in onions; reduce heat to low. Cover and cook about 25 minutes, stirring occasionally, until onions are very tender. Stir in basil and white pepper.
- ☐ Flatten dough into rectangle on lightly floured surface.
- ☐ Roll dough with floured rolling pin into 14x11-inch rectangle.
- ☐ Place on cookie sheet; let stand 15 minutes.
- ☐ Spoon onion mixture evenly over dough to within 1 inch of edges. Arrange anchovies in lattice pattern on onions. Top with olives.
- ☐ Let stand 15 minutes.
- ☐ Heat oven to 425F.
- ☐ Bake 15 to 20 minutes or until crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:9.28, Inflammation Score:-9, Nutrition Score:43.271304420803%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 22.55mg, Isorhamnetin: 22.55mg, Isorhamnetin: 22.55mg, Isorhamnetin: 22.55mg Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 91.35mg, Quercetin: 91.35mg, Quercetin: 91.35mg, Quercetin: 91.35mg

Nutrients (% of daily need)

Calories: 2002.39kcal (100.12%), Fat: 71.84g (110.52%), Saturated Fat: 9.81g (61.29%), Carbohydrates: 258.97g (86.32%), Net Carbohydrates: 239.58g (87.12%), Sugar: 19.36g (21.52%), Cholesterol: 96.39mg (32.13%), Sodium: 6940.05mg (301.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 65.71g (131.41%), Vitamin K: 159.69µg (152.09%), Vitamin B3: 23.38mg (116.9%), Selenium: 79.96µg (114.23%), Fiber: 19.39g (77.55%), Vitamin E: 9.16mg (61.04%), Iron: 10.03mg (55.71%), Manganese: 1.1mg (54.83%), Calcium: 477.65mg (47.76%), Phosphorus: 429.26mg (42.93%), Vitamin B6: 0.84mg (41.82%), Vitamin C: 33.38mg (40.47%), Potassium: 1396.07mg (39.89%), Magnesium: 156.31mg (39.08%), Copper: 0.69mg (34.71%), Vitamin B2: 0.58mg (34.37%), Folate: 113.87µg (28.47%), Zinc: 3.83mg (25.56%), Vitamin B1: 0.31mg (20.47%), Vitamin B12: 1µg (16.63%), Vitamin B5: 1.63mg (16.27%), Vitamin D: 1.93µg (12.85%), Vitamin A: 241.32IU (4.83%)