



Mediterranean Onion Tart

 Dairy Free

READY IN



100 min.

SERVINGS



3

CALORIES



667 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

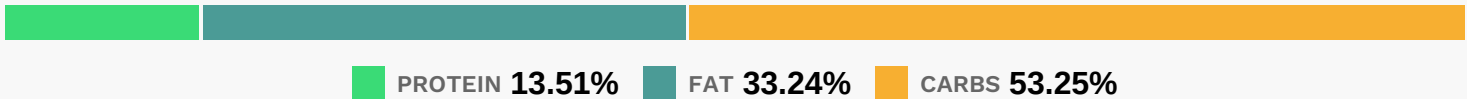
Equipment

- ☐ 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 425°F.
- ☐ Bake 15 to 20 minutes or until crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:3.09, Inflammation Score:-7, Nutrition Score:15.630435005478%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 30.45mg, Quercetin: 30.45mg, Quercetin: 30.45mg, Quercetin: 30.45mg

Nutrients (% of daily need)

Calories: 667.46kcal (33.37%), Fat: 23.95g (36.84%), Saturated Fat: 3.27g (20.43%), Carbohydrates: 86.32g (28.77%), Net Carbohydrates: 79.86g (29.04%), Sugar: 6.45g (7.17%), Cholesterol: 32.13mg (10.71%), Sodium: 2313.35mg (100.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.9g (43.8%), Vitamin K: 53.23µg (50.7%), Vitamin B3: 7.79mg (38.97%), Selenium: 26.65µg (38.08%), Fiber: 6.46g (25.85%), Vitamin E: 3.05mg (20.35%), Iron: 3.34mg (18.57%), Manganese: 0.37mg (18.28%), Calcium: 159.22mg (15.92%), Phosphorus: 143.09mg (14.31%), Vitamin B6: 0.28mg (13.94%), Vitamin C: 11.13mg (13.49%), Potassium: 465.36mg (13.3%), Magnesium: 52.1mg (13.03%), Copper: 0.23mg (11.57%), Vitamin B2: 0.19mg (11.46%), Folate: 37.96µg (9.49%), Zinc: 1.28mg (8.52%), Vitamin B1: 0.1mg (6.82%), Vitamin B12: 0.33µg (5.54%), Vitamin B5: 0.54mg (5.42%), Vitamin D: 0.64µg (4.28%), Vitamin A: 80.44IU (1.61%)