



Mediterranean tuna, pepper & courgette tart

READY IN



35 min.

SERVINGS



4

CALORIES



679 kcal

Ingredients

- ☐ 320 g puff pastry
- ☐ 1 tbsp olive oil
- ☐ 2 zucchini grated
- ☐ 150 g alouette garlic & herbs spreadable cheese soft (we used Boursin)
- ☐ 185 g water-packed tuna drained canned
- ☐ 140 g roasted peppers sliced into strips
- ☐ 1 tbsp caper drained
- ☐ 8 olives black pitted

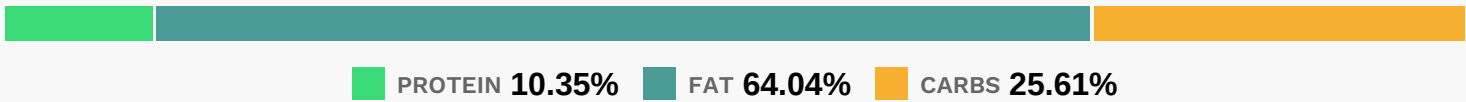
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Unroll the puff pastry onto a large baking sheet lined with baking parchment. Score a 1cm border around the edges with a sharp knife, taking care not to cut through the pastry. Prick the area inside the border with a fork.
- ☐ Bake for 15 mins.
- ☐ Meanwhile, heat the oil in frying pan and fry the courgettes until tender and the mixture is quite dry. Allow to cool a little before mixing with the soft cheese.
- ☐ Remove the pastry base from the oven and press down any puffed up areas, within the border, with the back of a spoon.
- ☐ Spread over the courgette mixture. Scatter with tuna, lay over the pepper strips and sprinkle on capers. Finally dot with olives and bake for a further 15 mins until the pastry is golden, puffed up and cooked though.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:19.84, Inflammation Score:-7, Nutrition Score:19.08173892809%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 2.82mg, Kaempferol: 2.82mg, Kaempferol: 2.82mg, Kaempferol: 2.82mg Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg

Nutrients (% of daily need)

Calories: 678.85kcal (33.94%), Fat: 49.12g (75.57%), Saturated Fat: 15.91g (99.41%), Carbohydrates: 44.2g (14.73%), Net Carbohydrates: 41.27g (15.01%), Sugar: 3.09g (3.44%), Cholesterol: 57.41mg (19.14%), Sodium: 1175.69mg (51.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.86g (35.72%), Selenium: 51.12µg (73.02%), Vitamin

B3: 8.59mg (42.95%), Vitamin C: 33.91mg (41.1%), Manganese: 0.63mg (31.52%), Vitamin B1: 0.39mg (25.81%), Folate: 94.1µg (23.53%), Vitamin B2: 0.37mg (21.79%), Vitamin B12: 1.19µg (19.81%), Iron: 3.56mg (19.76%), Vitamin B6: 0.39mg (19.49%), Vitamin K: 19.93µg (18.99%), Phosphorus: 156.14mg (15.61%), Potassium: 441.33mg (12.61%), Fiber: 2.93g (11.73%), Magnesium: 46.52mg (11.63%), Copper: 0.23mg (11.42%), Vitamin E: 1.53mg (10.2%), Vitamin A: 439.57IU (8.79%), Zinc: 1.12mg (7.44%), Calcium: 51.41mg (5.14%), Vitamin D: 0.56µg (3.7%), Vitamin B5: 0.28mg (2.84%)