



Mushroom and Goat Cheese Tart

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



530 kcal

Ingredients

- 3 ounces goat cheese fresh soft room temperature (such as Montrachet)
- 1 large eggs beaten to blend
- 2 tablespoons whipping cream
- 1 large shallots minced
- 8 ounces mushrooms cut into 1/2-inch pieces
- 3 tablespoons butter unsalted
- 1 sheet puff pastry frozen thawed (half of 17.3-ounce package)
- 1 teaspoon thyme sprigs fresh minced
- 0.1 teaspoon nutmeg

Equipment

- frying pan
- baking sheet
- baking paper
- oven
- pastry brush

Directions

- Melt 2 tablespoons butter in heavy large skillet over medium-high heat.
- Add mushrooms and sauté until soft and dry, about 5 minutes.
- Add remaining 1 tablespoon butter to skillet, then shallot. Sauté until shallot is soft, about 4 minutes longer.
- Add nutmeg. Season mushroom filling with salt and pepper. Cool.
- Line baking sheet with parchment paper.
- Roll out puff pastry onto lightly floured surface to 12x15-inch rectangle.
- Cut one 12x5-inch rectangle, two 11x1/2-inch strips and two 5x1/2-inch strips from pastry.
- Place rectangle on prepared baking sheet. Pierce all over with fork. Using pastry brush, brush all strips with egg.
- Place short strips, egg side down, atop ends of pastry to form raised crust edge; place long strips, egg side down, atop long sides of pastry. (Mushroom filling and tart shell can be prepared 1 day ahead. Cover separately and refrigerate.)
- Preheat oven to 400°F.
- Bake tart shell until golden, about 15 minutes. Maintain oven temperature.
- Spread cheese evenly over bottom of hot tart shell. Top with mushrooms.
- Sprinkle with thyme, salt, and pepper.
- Drizzle with cream.
- Bake until heated through, about 10 minutes.
- Serve hot.

Nutrition Facts

PROTEIN 9.11% FAT 67.81% CARBS 23.08%

Properties

Glycemic Index:58.25, Glycemic Load:15.66, Inflammation Score:-7, Nutrition Score:12.979130330293%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg

Nutrients (% of daily need)

Calories: 530.09kcal (26.5%), Fat: 40.46g (62.25%), Saturated Fat: 16.56g (103.52%), Carbohydrates: 30.98g (10.33%), Net Carbohydrates: 29.22g (10.62%), Sugar: 2.55g (2.83%), Cholesterol: 87.33mg (29.11%), Sodium: 255.33mg (11.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.23g (24.45%), Selenium: 24.93µg (35.62%), Vitamin B2: 0.56mg (32.97%), Vitamin B3: 4.73mg (23.66%), Copper: 0.43mg (21.31%), Vitamin B1: 0.32mg (21.05%), Manganese: 0.38mg (18.97%), Phosphorus: 175.98mg (17.6%), Folate: 68.85µg (17.21%), Iron: 2.65mg (14.71%), Vitamin A: 684.46IU (13.69%), Vitamin B5: 1.24mg (12.36%), Vitamin K: 11.31µg (10.77%), Vitamin B6: 0.17mg (8.63%), Potassium: 274.23mg (7.84%), Fiber: 1.77g (7.07%), Zinc: 1.04mg (6.93%), Magnesium: 22.77mg (5.69%), Calcium: 56.52mg (5.65%), Vitamin E: 0.82mg (5.47%), Vitamin D: 0.73µg (4.84%), Vitamin B12: 0.2µg (3.4%), Vitamin C: 2.54mg (3.08%)