



## Mushroom, Onion, and Münster Tart

 Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



2584 kcal

### Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground plus more to season mushrooms
- ☐ 3 tablespoons cornmeal
- ☐ 1 pound cremini mushrooms sliced
- ☐ 0.5 teaspoon kosher salt plus more to season mushrooms
- ☐ 0.5 pound alsatian münster cut into 1/2-in. dice
- ☐ 2 tablespoons olive oil
- ☐ 1 pound pizza dough store-bought
- ☐ 1 Leaves from 7 to 8 sprigs thyme fresh
- ☐ 1 teaspoon vegetable oil for pan

- ☐ 2 cups onions yellow chopped

## Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ spatula
- ☐ rolling pin

## Directions

- ☐ Preheat oven to 45
- ☐ Pour oil into a 12- by 17-in. rimmed baking pan and lightly oil with a paper towel.
- ☐ Sprinkle pan with cornmeal.
- ☐ On a lightly floured surface, stretch dough with hands and/or roll with a rolling pin into a rectangle roughly the same size as the pan.
- ☐ Transfer dough to pan, stretching to fit. Fold over 1/2 in. of dough around edges to form a slightly raised rim for the tart. Prick dough all over with a fork.
- ☐ Heat a large frying pan over high heat. When hot, add olive oil and swirl to coat.
- ☐ Add mushrooms and thyme; sprinkle with salt and freshly ground black pepper. Cook mushrooms, stirring, until they stop giving off liquid and start to brown.
- ☐ Add chopped onions, reduce heat to medium-high, and cook, stirring until onions are softened, about 4 minutes. Scatter mushrooms and onions over tart dough, then sprinkle cheese evenly on top.
- ☐ Bake tart until cheese is melted and beginning to brown and crust is crisp and well browned, 20 to 25 minutes. Lift out of pan with a spatula, cut into roughly 2-in. squares, and serve immediately.
- ☐ Make ahead: The tart can be made up to 2 days ahead and kept wrapped in waxed paper at room temperature. To serve, unwrap and reheat 10 minutes at 20

## Nutrition Facts



 PROTEIN **16.04%**  FAT **39.91%**  CARBS **44.05%**

Properties

Glycemic Index:199.5, Glycemic Load:20.51, Inflammation Score:-10, Nutrition Score:65.219999810924%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 16.03mg, Isorhamnetin: 16.03mg, Isorhamnetin: 16.03mg, Isorhamnetin: 16.03mg Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 64.96mg, Quercetin: 64.96mg, Quercetin: 64.96mg, Quercetin: 64.96mg

Nutrients (% of daily need)

Calories: 2584.26kcal (129.21%), Fat: 117.19g (180.29%), Saturated Fat: 51.89g (324.32%), Carbohydrates: 291.05g (97.02%), Net Carbohydrates: 272.87g (99.23%), Sugar: 52.51g (58.34%), Cholesterol: 217.72mg (72.57%), Sodium: 5908.56mg (256.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 105.97g (211.94%), Selenium: 154.27µg (220.39%), Vitamin B2: 3.07mg (180.54%), Calcium: 1792.66mg (179.27%), Phosphorus: 1768.66mg (176.87%), Copper: 2.56mg (127.77%), Iron: 17mg (94.44%), Vitamin B3: 18.61mg (93.06%), Zinc: 12.87mg (85.8%), Potassium: 2919.7mg (83.42%), Vitamin B5: 7.82mg (78.25%), Fiber: 18.18g (72.71%), Manganese: 1.42mg (70.75%), Vitamin B12: 3.79µg (63.12%), Vitamin B6: 1.19mg (59.67%), Folate: 212.23µg (53.06%), Vitamin A: 2354.56IU (47.09%), Vitamin B1: 0.7mg (46.61%), Magnesium: 169.5mg (42.37%), Vitamin E: 5.22mg (34.8%), Vitamin K: 33.78µg (32.17%), Vitamin C: 25.28mg (30.64%), Vitamin D: 1.81µg (12.1%)