



No-fuss ham & crème fraîche tart

READY IN



30 min.

SERVINGS



4

CALORIES



717 kcal

Ingredients

- ☐ 375 g ready-rolled puff pastry
- ☐ 1 eggs beaten
- ☐ 100 ml crème fraîche
- ☐ 8 slices roast ham cooked sliced (on the bone, then , a deli will have it)
- ☐ 1 handful flat parsley roughly chopped

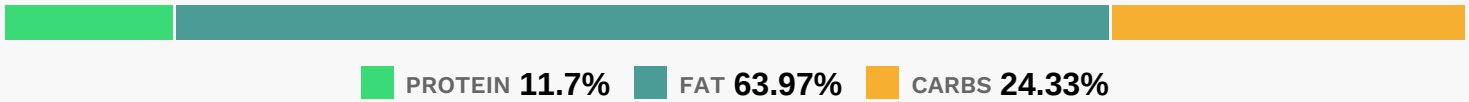
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat the oven to 220C/fan 200C/gas
- ☐ Put pastry on a baking sheet and score a line about 3cm inside to create a border. With a fork, prick inside the border only.
- ☐ Brush all over with the beaten egg.
- ☐ Bake the pastry for 12 mins until well risen.
- ☐ Spread the creme fraiche within the pastry border, season with pepper and return to the oven for a further 8-10 mins.
- ☐ Take from the oven when well coloured, drape the sliced ham over, then sprinkle with the parsley.
- ☐ Serve with a roast vegetable or tomato and red onion salad.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:22.9, Inflammation Score:-5, Nutrition Score:16.140000027159%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 716.85kcal (35.84%), Fat: 50.88g (78.28%), Saturated Fat: 15.19g (94.93%), Carbohydrates: 43.55g (14.52%), Net Carbohydrates: 42.11g (15.31%), Sugar: 1.57g (1.75%), Cholesterol: 89.98mg (29.99%), Sodium: 921.87mg (40.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.93g (41.86%), Selenium: 39.68µg (56.68%), Vitamin B1: 0.72mg (47.99%), Vitamin B3: 6.45mg (32.25%), Vitamin K: 31.89µg (30.37%), Vitamin B2: 0.48mg (28.3%), Manganese: 0.47mg (23.63%), Phosphorus: 216.92mg (21.69%), Folate: 82.95µg (20.74%), Iron: 3.16mg (17.55%), Zinc: 2.03mg (13.53%), Vitamin B6: 0.26mg (13.1%), Vitamin B12: 0.51µg (8.46%), Copper: 0.17mg (8.36%), Potassium: 268.45mg (7.67%), Magnesium: 29.89mg (7.47%), Vitamin E: 0.92mg (6.15%), Vitamin A: 295.99IU (5.92%), Fiber: 1.44g (5.76%), Vitamin B5: 0.51mg (5.1%), Calcium: 45.38mg (4.54%), Vitamin D: 0.61µg (4.08%), Vitamin C: 1.55mg (1.88%)