



Olive and Caramelized Onion Tart

READY IN



45 min.

SERVINGS



9

CALORIES



221 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 fillet anchovy dry canned mashed
- 0.1 teaspoon pepper black freshly ground
- 1 tablespoon cornmeal
- 2.3 teaspoons yeast dry
- 2.3 cups flour all-purpose divided
- 0.5 teaspoon rosemary fresh chopped
- 0.5 teaspoon rosemary fresh finely chopped
- 0.5 teaspoon thyme leaves fresh finely chopped
- 1 teaspoon thyme leaves fresh chopped

- 3 garlic cloves chopped
- 2 ounces goat cheese crumbled
- 0.5 cup kalamata olives pitted chopped
- 2 tablespoons milk 1% low-fat
- 1 tablespoon olive oil
- 0.5 teaspoon salt
- 1 cup tomatoes peeled seeded chopped
- 0.8 cup warm water divided (100° to 110°)
- 2.5 pounds onion yellow vertically sliced

Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- measuring cup

Directions

- To prepare dough, dissolve yeast in 1/4 cup warm water in a large bowl; let stand 5 minutes.
- Add remaining 1/2 cup water. Lightly spoon flour into dry measuring cups; level with a knife.
- Add 2 cups flour and the next 5 ingredients (through 1/2 teaspoon finely chopped rosemary), stirring until well blended.
- Turn dough out onto a floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).
- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 40 minutes or until doubled in size. (Press two fingers into dough. If indentation remains, dough has risen enough.)

- Punch dough down; cover and let rest 5 minutes. Shape dough into a 15 x 13-inch rectangle on a baking sheet coated with cooking spray and sprinkled with cornmeal. Crimp edges of dough with fingers to form a rim.
- Preheat oven to 40
- To prepare filling, heat 1 tablespoon olive oil in a large nonstick skillet over medium-high heat.
- Add onion, 1 teaspoon thyme, 1/2 teaspoon rosemary, and garlic. Cover and cook 15 minutes or until golden brown, stirring occasionally. Uncover; reduce heat, and cook 15 minutes or until onions are soft, stirring occasionally. Stir in tomato; cook 15 minutes or until mixture is almost dry. Stir in olives and anchovies.
- Spread onion mixture over dough, leaving a 1/2-inch border.
- Bake at 400 for 35 minutes or until crust is crisp.
- Sprinkle with cheese and pepper.
- Serve warm or at room temperature.

Nutrition Facts



■ PROTEIN **12.06%**
■ FAT **18.83%**
■ CARBS **69.11%**

Properties

Glycemic Index:35.83, Glycemic Load:20.45, Inflammation Score:-8, Nutrition Score:10.422608821288%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 6.31mg, Isorhamnetin: 6.31mg, Isorhamnetin: 6.31mg, Isorhamnetin: 6.31mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 25.73mg, Quercetin: 25.73mg, Quercetin: 25.73mg, Quercetin: 25.73mg

Nutrients (% of daily need)

Calories: 220.55kcal (11.03%), Fat: 4.69g (7.21%), Saturated Fat: 1.44g (8.99%), Carbohydrates: 38.71g (12.9%), Net Carbohydrates: 34.82g (12.66%), Sugar: 6.35g (7.06%), Cholesterol: 3.25mg (1.08%), Sodium: 324.3mg (14.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.75g (13.5%), Vitamin B1: 0.41mg (27.63%), Folate: 103.11µg (25.78%), Manganese: 0.44mg (21.94%), Selenium: 11.99µg (17.12%), Vitamin B2: 0.27mg (15.76%), Fiber: 3.89g (15.56%), Vitamin C: 12.65mg (15.34%), Vitamin B3: 2.63mg (13.14%), Iron: 2.28mg (12.66%), Vitamin B6: 0.25mg (12.35%), Phosphorus: 105.17mg (10.52%), Copper: 0.18mg (9.15%), Potassium: 296.36mg (8.47%), Magnesium: 27.44mg (6.86%), Calcium: 63.67mg (6.37%), Vitamin E: 0.76mg (5.06%), Vitamin B5: 0.5mg (5.01%), Zinc: 0.67mg (4.45%), Vitamin A: 151.3IU (3.03%), Vitamin K: 2.62µg (2.5%)