



Onion and Bacon Tart

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



282 kcal

Ingredients

- 1 teaspoon yeast dry
- 2.3 cups flour ()
- 6 servings pepper black freshly ground
- 0.3 cup curd cottage cheese
- 0.8 cup crème fraîche
- 0.5 teaspoon sea salt fine
- 0.3 cup cream sour
- 1 cup water (110°F to 115°F)
- 1.5 cups onion white very thinly sliced

Equipment

- bowl
- baking sheet
- oven
- plastic wrap

Directions

- Combine 1 cup flour, 1 cup warm water, and 1 teaspoon yeast in large bowl; stir to blend well. Cover bowl with plastic wrap and let stand until mixture bubbles, about 30 minutes. Stir in salt, then 1 1/4 cups flour.
- Mix until soft slightly sticky dough forms, adding more flour by tablespoonfuls if very sticky. Cover bowl with plastic wrap.
- Let dough rise in warm draft-free area until doubled in volume, about 1 1/2 hours.
- Preheat oven to 500°F. Lightly flour 2 large baking sheets. Lightly flour hands; punch down dough and divide in half.
- Roll out each half on lightly floured surface to thin 16x10-inch rectangle.
- Transfer each rectangle to prepared baking sheet. If dough shrinks, roll or stretch each back to size. Puree crème fraîche, cottage cheese, and sour cream in processor until smooth. Season to taste with salt and pepper.
- Spread cream mixture over crusts.
- Sprinkle onions and raw bacon over cream mixture, dividing equally.
- Bake tarts until edges of crusts are crisp and brown, about 14 minutes.
- Sprinkle generously with pepper; cut into pieces and serve.
- *Sold at some supermarkets. If unavailable, heat 1 cup whipping cream to lukewarm (85°F).
- Remove from heat and mix in 2 tablespoons buttermilk. Cover and let stand in warm, draft-free area until slightly thickened, 24 to 48 hours, depending on temperature of room. Refrigerate until ready to use.

Nutrition Facts



■ PROTEIN 11.1% ■ FAT 29.09% ■ CARBS 59.81%

Properties

Glycemic Index:26.83, Glycemic Load:26.82, Inflammation Score:-6, Nutrition Score:9.74826081745%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 282.22kcal (14.11%), Fat: 9.1g (14%), Saturated Fat: 4.49g (28.07%), Carbohydrates: 42.1g (14.03%), Net Carbohydrates: 39.99g (14.54%), Sugar: 3.55g (3.95%), Cholesterol: 26.48mg (8.83%), Sodium: 248.21mg (10.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.81g (15.62%), Vitamin B1: 0.46mg (30.33%), Folate: 109.42µg (27.36%), Selenium: 18.81µg (26.86%), Vitamin B2: 0.35mg (20.71%), Manganese: 0.39mg (19.55%), Vitamin B3: 3.07mg (15.37%), Iron: 2.32mg (12.88%), Phosphorus: 115.8mg (11.58%), Fiber: 2.11g (8.44%), Calcium: 69.76mg (6.98%), Vitamin A: 276.4IU (5.53%), Vitamin B5: 0.53mg (5.3%), Copper: 0.1mg (5.2%), Potassium: 178.92mg (5.11%), Magnesium: 20.25mg (5.06%), Vitamin B6: 0.1mg (4.95%), Zinc: 0.63mg (4.18%), Vitamin C: 3.34mg (4.04%), Vitamin B12: 0.14µg (2.3%), Vitamin E: 0.2mg (1.36%), Vitamin K: 1.09µg (1.04%)