



Onion and Bacon Tart

READY IN



45 min.

SERVINGS



6

CALORIES



387 kcal

Ingredients

- 8 slices bacon chopped
- 0.3 teaspoon caraway seeds
- 1 large eggs
- 1 pinch nutmeg
- 0.5 teaspoon pepper black
- 5 cups onion sliced (3 large)
- 13.8 ounce pizza dough refrigerated
- 1 teaspoon salt
- 0.5 cup cream sour

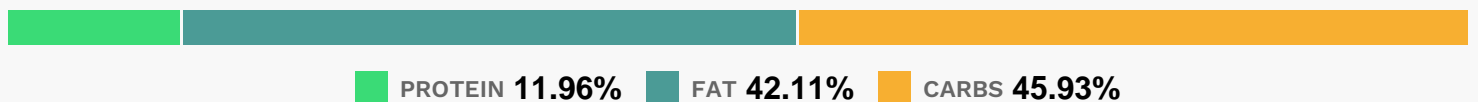
Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk

Directions

- Preheat oven to 375°F. Sauté bacon in heavy large skillet over medium-high heat until slightly crisp.
- Drain all but 1 tablespoon bacon drippings from skillet.
- Add onions to bacon and sauté over medium heat until onions are very tender but not brown, about 20 minutes. Cool.
- Whisk egg, sour cream, salt, pepper, and nutmeg in large bowl to blend. Stir in cooled onion mixture.
- Roll pizza dough out on lightly floured surface to 13x10-inch rectangle.
- Transfer to baking sheet.
- Spread onion mixture over dough, leaving 1/2-inch plain border around edges.
- Sprinkle with caraway seeds.
- Bake tart until onion custard is set and crust is golden brown around edges and brown on bottom, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:2.8, Inflammation Score:-6, Nutrition Score:7.2273913673733%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 6.68mg, Isorhamnetin: 6.68mg, Isorhamnetin: 6.68mg, Isorhamnetin: 6.68mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 27.07mg, Quercetin: 27.07mg, Quercetin: 27.07mg

Nutrients (% of daily need)

Calories: 387.49kcal (19.37%), Fat: 18.39g (28.29%), Saturated Fat: 6.7g (41.88%), Carbohydrates: 45.1g (15.04%), Net Carbohydrates: 41.76g (15.18%), Sugar: 10.43g (11.59%), Cholesterol: 61.67mg (20.56%), Sodium: 1076.37mg (46.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.75g (23.5%), Selenium: 9.85µg (14.07%), Fiber: 3.35g (13.41%), Iron: 2.36mg (13.1%), Vitamin B6: 0.26mg (13.06%), Vitamin C: 10.06mg (12.2%), Phosphorus: 113.07mg (11.31%), Manganese: 0.21mg (10.39%), Vitamin B1: 0.15mg (10.04%), Potassium: 292.21mg (8.35%), Vitamin B2: 0.13mg (7.69%), Folate: 30.56µg (7.64%), Vitamin B3: 1.37mg (6.83%), Calcium: 58.02mg (5.8%), Vitamin B5: 0.52mg (5.21%), Magnesium: 20.58mg (5.15%), Zinc: 0.75mg (5.03%), Vitamin B12: 0.26µg (4.35%), Copper: 0.08mg (3.94%), Vitamin A: 179.31IU (3.59%), Vitamin E: 0.32mg (2.11%), Vitamin D: 0.28µg (1.89%), Vitamin K: 1.12µg (1.07%)