



## Onion and Herb Tart

READY IN



30 min.

SERVINGS



18

CALORIES



80 kcal

DESSERT

### Ingredients

- ☐ 4 oz round of président brie coarsely chopped
- ☐ 2 tablespoons brown sugar packed
- ☐ 2 teaspoons rosemary leaves dried fresh crushed chopped
- ☐ 2 teaspoons olive oil
- ☐ 8 oz regular crescent rolls refrigerated canned
- ☐ 12 oz onion sweet

### Equipment

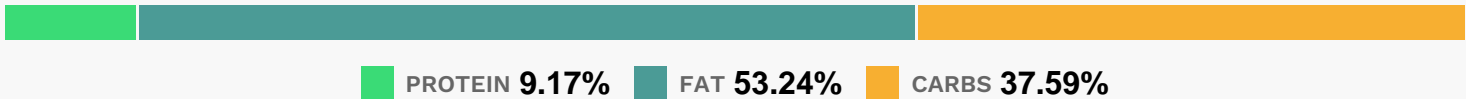
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ cutting board

## Directions

- ☐ Heat oven to 375F. Grease or spray large cookie sheet. Unroll dough into 1 large rectangle on cookie sheet; press into 13x9-inch rectangle, firmly pressing perforations to seal. Fold edges over 1/2 inch to form edges on crust.
- ☐ Bake 9 minutes.
- ☐ Meanwhile, cut root end off onion, creating flat surface.
- ☐ Place flat surface on cutting board; cut onion in half vertically, and peel off outer layer.
- ☐ Place large flat side down; cut into 1/8-inch slices. In 10-inch skillet, heat oil over medium heat.
- ☐ Add onion and rosemary; cook 8 to 10 minutes, stirring frequently, until onions are caramelized. Stir in brown sugar.
- ☐ Arrange cheese evenly over partially baked crust; top with onions.
- ☐ Bake 4 to 6 minutes longer or until crust is golden brown.
- ☐ Cut into 6 rows by 3 rows.
- ☐ Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:1.5, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.0465217394673%

## Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

## Nutrients (% of daily need)

Calories: 80.2kcal (4.01%), Fat: 4.91g (7.56%), Saturated Fat: 2.29g (14.32%), Carbohydrates: 7.81g (2.6%), Net Carbohydrates: 7.63g (2.78%), Sugar: 3.53g (3.92%), Cholesterol: 6.3mg (2.1%), Sodium: 140.43mg (6.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.81%), Vitamin B2: 0.04mg (2.15%), Folate: 8.47µg (2.12%), Vitamin B6: 0.04mg (2%), Vitamin B12: 0.1µg (1.73%), Phosphorus: 17.01mg (1.7%), Calcium: 16.52mg (1.65%), Selenium: 1.02µg (1.46%), Iron: 0.25mg (1.4%), Zinc: 0.17mg (1.17%), Vitamin C: 0.91mg (1.1%)