



Onion, Cheese, and Bacon Tart

READY IN



45 min.

SERVINGS



6

CALORIES



469 kcal

Ingredients

- ☐ 1 large eggs
- ☐ 1 large egg yolk
- ☐ 1 pinch nutmeg generous
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup gruyere cheese packed grated ()
- ☐ 2 tablespoons water ()
- ☐ 1 large onion thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 1 pinch salt generous
- ☐ 2 tablespoons shortening chilled cut into 1/2-inch cubes

- ☐ 1 pinch sugar
- ☐ 3 slices bacon thick-cut chopped
- ☐ 1 cup unbleached all purpose flour
- ☐ 0.3 cup butter unsalted chilled cut into 1/2-inch cubes ()
- ☐ 1 cup whipping cream

Equipment

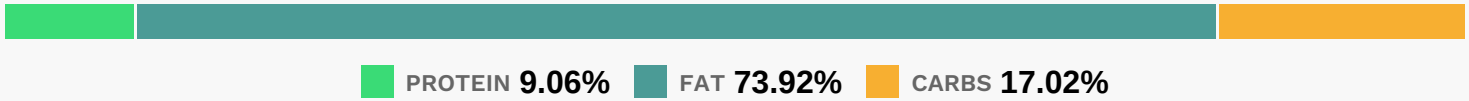
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ tart form

Directions

- ☐ Blend flour and salt in processor.
- ☐ Add butter and shortening; using on/off turns, cut in until mixture resembles coarse meal.
- ☐ Add 2 tablespoons ice water and process until moist clumps form, adding more ice water by teaspoonfuls if dough is dry. Gather dough into ball; flatten into disk. Wrap in plastic and chill at least 1 hour.
- ☐ Preheat oven to 400°F.
- ☐ Roll out dough on lightly floured work surface to 11-inch round.
- ☐ Transfer to 9-inch tart pan with removable bottom. Press dough onto bottom and up sides of pan. Pierce crust all over with fork. Freeze 10 minutes. Line crust with foil; fill with dried beans or pie weights.
- ☐ Bake crust 10 minutes.
- ☐ Remove foil and beans.
- ☐ Bake until crust is set and partially cooked through, about 15 minutes longer. Cool crust while making filling. Maintain oven temperature.

- ☐ Sauté bacon in medium skillet over medium heat until crisp, about 4 minutes.
- ☐ Transfer bacon to paper towels to drain.
- ☐ Add onion and pinch of sugar to drippings in skillet and sauté until onion is deep golden brown, about 20 minutes.
- ☐ Whisk cream, egg, egg yolk, pepper, salt, and nutmeg in small bowl to blend.
- ☐ Spread onion over bottom of baked crust; sprinkle bacon over, then cheese.
- ☐ Pour cream mixture over.
- ☐ Bake until tart is puffed and filling is set, about 25 minutes. Cool tart on rack 10 minutes.
- ☐ Remove pan sides.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:33.18, Glycemic Load:0.68, Inflammation Score:-6, Nutrition Score:9.6652173063029%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg

Nutrients (% of daily need)

Calories: 469.49kcal (23.47%), Fat: 38.79g (59.68%), Saturated Fat: 20.14g (125.87%), Carbohydrates: 20.1g (6.7%), Net Carbohydrates: 19.06g (6.93%), Sugar: 2.58g (2.87%), Cholesterol: 150.74mg (50.25%), Sodium: 327.88mg (14.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.7g (21.41%), Selenium: 17.84µg (25.48%), Vitamin A: 1017.8IU (20.36%), Phosphorus: 175.53mg (17.55%), Vitamin B2: 0.29mg (16.83%), Vitamin B1: 0.25mg (16.64%), Calcium: 158.58mg (15.86%), Folate: 54.04µg (13.51%), Vitamin B3: 2.03mg (10.17%), Manganese: 0.2mg (9.93%), Vitamin D: 1.23µg (8.23%), Vitamin B12: 0.47µg (7.92%), Vitamin E: 1.17mg (7.79%), Iron: 1.39mg (7.74%), Zinc: 1.11mg (7.41%), Vitamin B6: 0.13mg (6.74%), Vitamin B5: 0.64mg (6.38%), Vitamin K: 4.84µg (4.61%), Potassium: 159.6mg (4.56%), Magnesium: 17.81mg (4.45%), Fiber: 1.04g (4.17%), Copper: 0.07mg (3.43%), Vitamin C: 2.09mg (2.54%)