



Onion, Cheese, and Bacon Tart

READY IN



45 min.

SERVINGS



6

CALORIES



394 kcal

DESSERT

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
- 1 cup unbleached all purpose flour
- 0.3 cup butter unsalted chilled cut into 1/2-inch cubes ()
- 1 cup whipping cream

Equipment

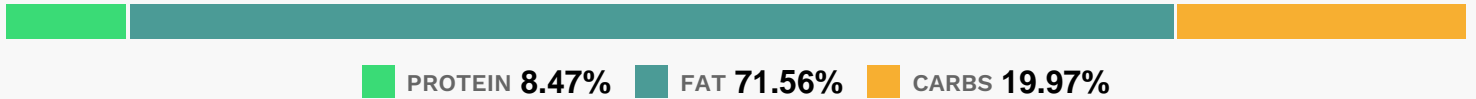
- bowl
- frying pan
- paper towels
- oven
- whisk
- aluminum foil
- tart form

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:8.554347826087%

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: 394.43kcal (19.72%), Fat: 31.65g (48.69%), Saturated Fat: 17.75g (110.91%), Carbohydrates: 19.87g (6.62%), Net Carbohydrates: 18.82g (6.85%), Sugar: 2.58g (2.87%), Cholesterol: 138.86mg (46.29%), Sodium: 208.72mg (9.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.43g (16.86%), Selenium: 14.22µg (20.31%), Vitamin A: 1011.14IU (20.22%), Vitamin B2: 0.27mg (15.97%), Calcium: 157.68mg (15.77%), Phosphorus: 149.61mg (14.96%), Folate: 54.04µg (13.51%), Vitamin B1: 0.2mg (13.33%), Manganese: 0.2mg (9.83%), Vitamin D: 1.16µg (7.75%), Iron: 1.32mg (7.33%), Vitamin E: 1.09mg (7.27%), Vitamin B3: 1.31mg (6.55%), Vitamin B12: 0.38µg (6.42%), Zinc: 0.9mg (5.99%), Vitamin B5: 0.54mg (5.38%), Vitamin K: 4.84µg (4.61%), Vitamin B6: 0.09mg (4.34%), Fiber: 1.04g (4.17%), Magnesium: 15.65mg (3.91%), Potassium: 123.96mg (3.54%), Copper: 0.06mg (3.05%), Vitamin C: 2.09mg (2.54%)