



Onion & goat's cheese tarts

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



803 kcal

DESSERT

Ingredients

- ☐ 225 g puff pastry
- ☐ 1 onion
- ☐ 200 g goat cheese sliced
- ☐ 4 thyme sprigs
- ☐ 4 servings olive oil
- ☐ 50 g butter
- ☐ 12 medium onion
- ☐ 1 tsp sugar

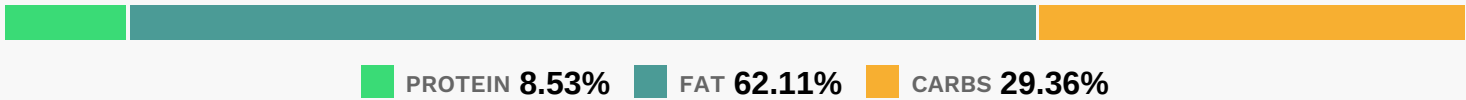
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Cut the pastry into 4 rectangles and place on a baking sheet. Mark a border 1cm in from the edge of the pastry with a sharp knife. Spoon the onions into the middle, smooth then top with the cheese and thyme.
- ☐ Drizzle with oil and bake for 15–20 mins, until the cheese has melted and the pastry has risen and is golden brown.
- ☐ For the onions: Makes 600g, which is 3 batches. Prep time 5 mins, cook time 30 mins. Melt the butter in a large, deep frying pan and stir through the onions. Cover with a lid and cook gently for about 10 mins, until softened.
- ☐ Remove lid, add sugar, then cook 15–20 mins, stirring, until all of the liquid has evaporated and onions have turned golden. Divide into 3 batches to make the recipes, right. Will keep in the fridge for up to 5 days, or freeze for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:68.77, Glycemic Load:21.89, Inflammation Score:-10, Nutrition Score:19.672608795373%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 17.91mg, Isorhamnetin: 17.91mg, Isorhamnetin: 17.91mg, Isorhamnetin: 17.91mg Kaempferol: 2.32mg, Kaempferol: 2.32mg, Kaempferol: 2.32mg, Kaempferol: 2.32mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 72.57mg, Quercetin: 72.57mg, Quercetin: 72.57mg, Quercetin: 72.57mg

Nutrients (% of daily need)

Calories: 803.38kcal (40.17%), Fat: 56.49g (86.9%), Saturated Fat: 21.22g (132.65%), Carbohydrates: 60.06g (20.02%), Net Carbohydrates: 53g (19.27%), Sugar: 17.07g (18.97%), Cholesterol: 49.88mg (16.63%), Sodium: 419.12mg (18.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.46g (34.92%), Manganese: 0.8mg (40.15%), Vitamin C: 28.06mg (34.01%), Folate: 118.63µg (29.66%), Copper: 0.58mg (28.76%), Vitamin B6: 0.57mg (28.48%), Vitamin B1: 0.42mg (28.3%), Fiber: 7.06g (28.25%), Phosphorus: 269.48mg (26.95%), Vitamin B2: 0.45mg (26.76%), Selenium: 16.93µg (24.19%), Vitamin K: 20.69µg (19.7%), Iron: 3.4mg (18.87%), Vitamin E: 2.77mg (18.48%), Vitamin A: 884.1IU (17.68%), Potassium: 578.51mg (16.53%), Calcium: 165.05mg (16.51%), Vitamin B3: 3mg (14.99%), Magnesium: 54.6mg (13.65%), Zinc: 1.4mg (9.3%), Vitamin B5: 0.8mg (7.98%), Vitamin B12: 0.12µg (1.94%), Vitamin D: 0.2µg (1.33%)