



Onion Tart

READY IN



70 min.

SERVINGS



4

CALORIES



651 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 large eggs lightly beaten
- ☐ 1 ounce feta cheese crumbled reduced-fat
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 0.8 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 2.5 pounds onion sliced
- ☐ 14.1 ounce pie dough refrigerated (such as Pillsbury)
- ☐ 1 ounce swiss cheese shredded reduced-fat

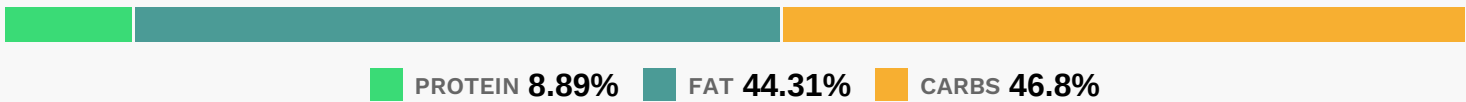
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Heat oil in a skillet over medium-high heat.
- ☐ Add onion, thyme, salt, and pepper; cook 20 minutes, stirring occasionally.
- ☐ Roll dough out on a parchment paper-lined baking sheet.
- ☐ Sprinkle feta cheese in center, leaving a 1 1/2-inch border; top with onion.
- ☐ Sprinkle with Swiss cheese. Fold piecrust border up and over onion mixture, pleating as you go, leaving a 6-inch-wide opening.
- ☐ Combine egg and 2 tablespoons water; brush over dough.
- ☐ Bake at 425 for 25 minutes or until golden. Cool for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:6.03, Inflammation Score:-10, Nutrition Score:17.101739230363%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg Isorhamnetin: 14.2mg, Isorhamnetin: 14.2mg, Isorhamnetin: 14.2mg, Isorhamnetin: 14.2mg Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 57.55mg, Quercetin: 57.55mg, Quercetin: 57.55mg, Quercetin: 57.55mg

Nutrients (% of daily need)

Calories: 650.63kcal (32.53%), Fat: 32.33g (49.75%), Saturated Fat: 9.9g (61.9%), Carbohydrates: 76.84g (25.61%), Net Carbohydrates: 69g (25.09%), Sugar: 12.41g (13.79%), Cholesterol: 52.78mg (17.59%), Sodium: 951.63mg (41.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.59g (29.18%), Manganese: 0.89mg (44.41%), Folate: 131.71µg (32.93%), Vitamin C: 26.58mg (32.22%), Fiber: 7.84g (31.36%), Vitamin B1: 0.41mg (27.56%), Iron: 4.07mg (22.61%), Phosphorus: 225.7mg (22.57%), Vitamin B6: 0.43mg (21.48%), Vitamin B2: 0.35mg (20.34%), Calcium: 174.33mg (17.43%), Selenium: 11.86µg (16.94%), Potassium: 559.06mg (15.97%), Vitamin B3: 3.11mg (15.54%), Magnesium: 53.22mg (13.3%), Copper: 0.22mg (10.89%), Vitamin K: 10.81µg (10.3%), Vitamin B5: 0.96mg (9.61%), Zinc: 1.44mg (9.57%), Vitamin E: 1.16mg (7.72%), Vitamin A: 251.91IU (5.04%), Vitamin B12: 0.23µg (3.84%), Vitamin D: 0.26µg (1.71%)