



Onion Tart with Mustard and Fennel

READY IN



45 min.

SERVINGS



8

CALORIES



272 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.3 teaspoons yeast dry (a)
- ☐ 1 tablespoon dijon mustard
- ☐ 1 large eggs
- ☐ 2 teaspoons fennel seeds
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup olive oil extra virgin extra-virgin divided
- ☐ 0.5 cup parmesan grated
- ☐ 2.5 teaspoons salt divided
- ☐ 0.5 cup water (105-115°F)

- ☐ 3 pound onion yellow halved thinly sliced

Equipment

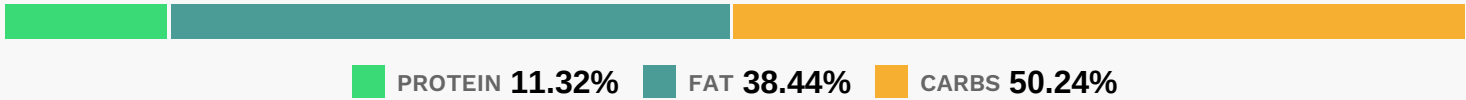
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap
- ☐ wooden spoon

Directions

- ☐ Stir together yeast and warm water in a small bowl and let stand until foamy, about 5 minutes. (If mixture doesn't foam, start over with new yeast.)
- ☐ Put 1 1/2 cups flour in a medium bowl, then make a well in center of flour and add yeast mixture to well. Stir together egg, 1 tablespoon oil, and 1 1/2 teaspoons salt with a fork.
- ☐ Add egg mixture to yeast mixture and mix with a wooden spoon or your fingertips, gradually incorporating flour, until a soft dough forms.
- ☐ Transfer dough to a floured surface and knead, working in additional flour (up to 1/4 cup) as necessary, until smooth and elastic, about 5 minutes.
- ☐ Transfer dough to an oiled bowl and turn to coat. Cover with plastic wrap and let rise in a draft-free place at warm room temperature until doubled, 1 to 1 1/2 hours.
- ☐ While dough rises, heat remaining 1/3 cup oil in a 12-inch heavy skillet over medium-high heat until it shimmers, then sauté fennel seeds until a shade darker, about 30 seconds. Stir in onions, remaining teaspoon salt, and 1/2 teaspoon pepper, then reduce heat to medium-low and cover onions directly with a round of parchment paper. Cook, stirring occasionally, until onions are very tender and golden brown, 1 to 1 1/4 hours.
- ☐ Preheat oven to 375°F with rack in middle.
- ☐ Knead dough gently on a floured surface with floured hands to deflate. Pat out dough on a large heavy baking sheet (preferably blue steel) into a 15- by 12-inch rectangle, turning up or crimping edge, then brush mustard evenly over dough, leaving a 1/2-inch border around edge.
- ☐ Spread onions evenly over mustard, then sprinkle evenly with cheese.

- ☐
- Bake tart until crust is golden brown, 30 to 35 minutes.
- ☐
- Cut into 2-inch squares or diamonds and serve warm or at room temperature.
- ☐
- Onion mixture can be made 2 days ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:16.51, Inflammation Score:-7, Nutrition Score:10.790434764779%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 34.53mg, Quercetin: 34.53mg, Quercetin: 34.53mg, Quercetin: 34.53mg

Nutrients (% of daily need)

Calories: 272.06kcal (13.6%), Fat: 11.81g (18.17%), Saturated Fat: 2.59g (16.17%), Carbohydrates: 34.74g (11.58%), Net Carbohydrates: 30.7g (11.16%), Sugar: 7.38g (8.19%), Cholesterol: 27.5mg (9.17%), Sodium: 865.42mg (37.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.83g (15.65%), Folate: 99.19µg (24.8%), Vitamin B1: 0.37mg (24.6%), Manganese: 0.43mg (21.37%), Selenium: 12.83µg (18.33%), Fiber: 4.04g (16.16%), Vitamin C: 12.7mg (15.4%), Vitamin B2: 0.25mg (14.65%), Phosphorus: 140.42mg (14.04%), Calcium: 128.55mg (12.85%), Vitamin B6: 0.25mg (12.38%), Iron: 1.8mg (10.02%), Vitamin B3: 2mg (9.98%), Vitamin E: 1.43mg (9.53%), Potassium: 307.67mg (8.79%), Magnesium: 29.13mg (7.28%), Vitamin K: 6.33µg (6.02%), Copper: 0.12mg (6%), Vitamin B5: 0.56mg (5.6%), Zinc: 0.81mg (5.39%), Vitamin B12: 0.13µg (2.19%), Vitamin A: 87.97IU (1.76%), Vitamin D: 0.16µg (1.04%)